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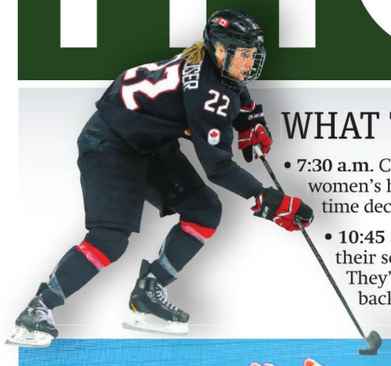

WHAT TO WATCH IN SOCHI

- **7:30 a.m.** Canada meets the U.S. to wrap up round-robin play in women's hockey. A matchup usually reserved for the finals this time decides the winner of group A.
- **10:45 a.m.** Meagan Duhamel and Eric Radford will go for their second medal of the Games in the pairs free skate. They're in fifth after the short program, just three points back of a podium spot. GREG DOWNS/FOR METRO

Running a new, if somewhat less amazing, race

Jody Mitic vies for the job of councillor of Innis Ward

PAGE 3

PUT YOUR HANDS IN THE AIR FOR CANADA

Women's freestyle skiing slopestyle gold medallist Dara Howell of Canada, centre, celebrates on the podium as silver medallist Devin Logan of the United States, left, and bronze medallist Kim Lamarre of Canada applaud during their medals ceremony Tuesday in Sochi. For more Olympics coverage, see pages 10, 25, 26 and 27. MORRY GASH/THE ASSOCIATED PRESS

Government squeezes PS retiree benefits

Budget. Health-care plan costs to double for ex-public servants

TREVOR GREENWAY
trevor.greenway@metronews.ca

In an effort to save $7.4 billion over the next six years, the federal government is slashing its contribution to the Public Service Health Care Plan for retirees from 75 per cent down to 50 per cent.

In his 2014 budget, Finance Minister Jim Flaherty announced that civil servants will now share the bill for health-care costs with their government employers, as the government moves to align employee compensation with other public and private employers.

Federal workers will also have to spend six years in their job before being eligible for the plan, as opposed to the current two-year requirement.

Federal employees working for Crown corporations like Canada Post will also move to a shared Public Service Pension Plan with workers and employers each paying 50 per cent into the plan by 2017. Health care contribution for current workers will not change.

The retirement age for new hires will also be raised to 65 years by 2017, as the government seeks to align pension plans for Crown workers with other federal employees.

The federal government will also start a new round of collective bargaining agreements this year and will focus on implementing a new disability and sick leave management system that is "modern, comprehensive, and responsive" to the needs of federal workers.

The feds seek to offer formal short-term disability coverage to workers under the new system.

Cost differences

I am a retired federal worker, how much more will I pay for health benefits?

- Retirees currently pay $261/year.
- The new plan will cost $550/year.
- This increase represents $24/month for retired public servants.

According to the 2014 federal budget, 65 per cent of employees do not have enough accumulated sick time to cover the 13-week period before they are eligible for long-term disability.

As well, 25 per cent of workers have less than 10 days of banked sick time.

For more budget coverage, see pages 6 and 7.

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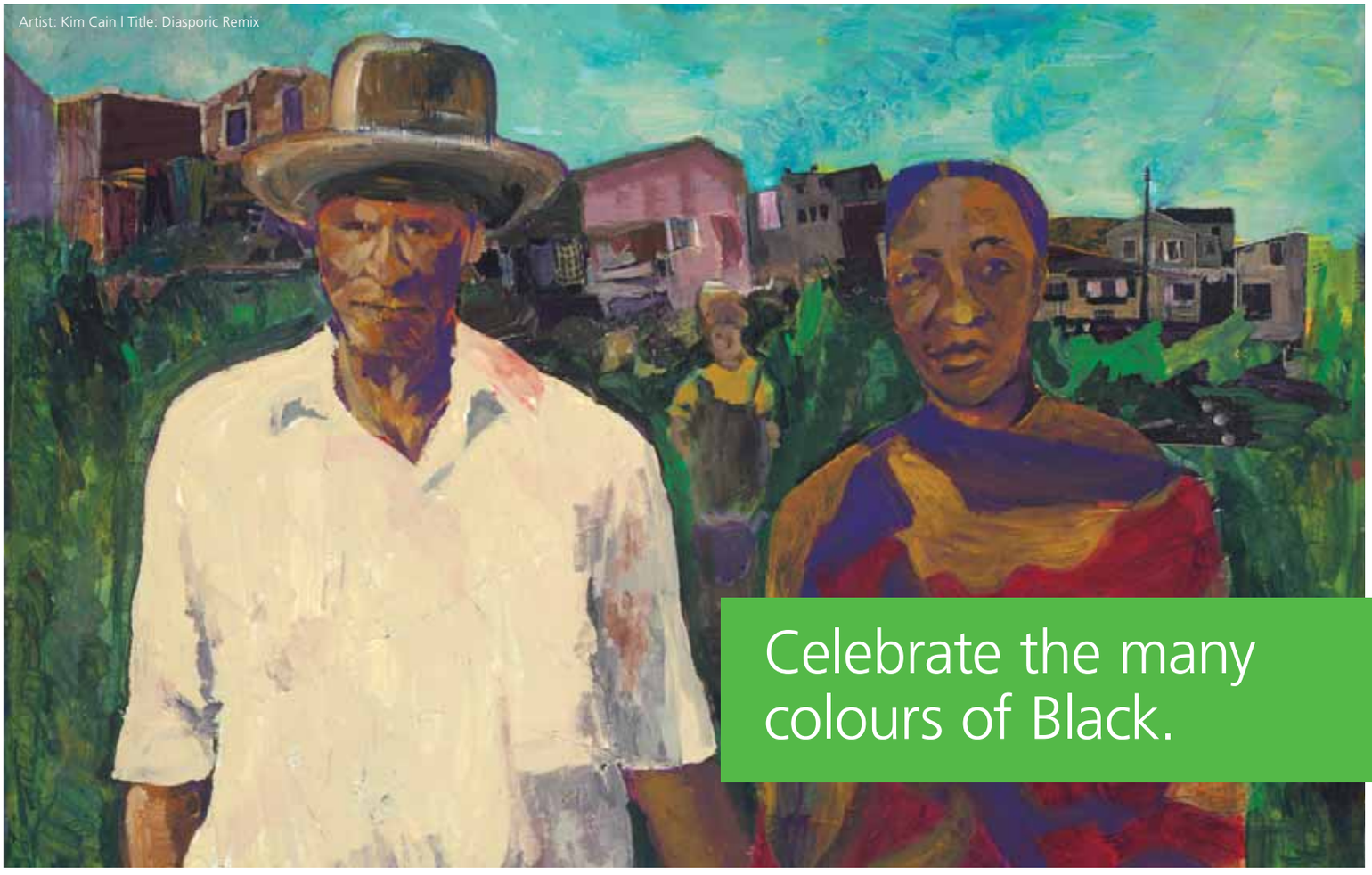

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City scuttles plan to build school near isotope facility

Representatives from the Ottawa-Carleton District School Board at a municipal planning committee on Tuesday.
LUCY SCHOLEY/METRO

Kanata. Area desperate to relieve school overcrowding

LUCY SCHOLEY
lucy.scholey@metronews.ca

Kanata will not see a brand new elementary school move into its industrial park — at least not yet.

A municipal planning committee shot down a proposed zoning amendment to allow a school at 2101 and 3101 Innovation Drive, after neighbouring business owners put up a fight.

One neighbouring business is Nordion, a company that makes medical isotopes. Tamra Benjamin, the company's vice-president of public and government relations, said a school is "incompatible" with the industrial park and could limit any potential expansion.

"If an elementary school is built right beside our facility, it could seriously jeopardize our relationship with the community," she said. "A change in zoning would bring significant uncertainty for Nordion's future operations — operations that do not have the alternative of moving to another location."

But the Ottawa-Carleton District School Board has already appealed the planning committee's decision to the Ontario Municipal Board.

Members of the school board say they had funding secured for that school and were hoping to open by September 2015 because Kanata schools are plagued with "chronic overcrowding."

It's a strange situation for the school board and the city. Staffers failed to send out a notification to neighbours about the proposed school, which led to a delay in the process. School board members said they found out about the negative staff recommendation just a day before the report was made public.

War vet to run for councillor

Afghanistan war veteran Jody Mitic's military career was cut short when a land mine blew up both of his legs in 2007, but he says he's got a new career goal in mind — winning a seat on Ottawa City Council.

The Ottawa man announced he is making his first foray into politics by planning to run in the municipal election in October to replace Innes Ward Coun. Rainer Bloess, who recently said he is leaving politics.

"Him stepping aside leaves the opportunity for somebody to get in there. Why not me?" said Mitic Tuesday.

Mitic was a bit of a household name in the community during the airing of CTV's Amazing Race Canada, where he came in second place with his brother, Cory, in a race around the country.

He intends to file his nomination papers after he medically retires from the military near the end of March. He said he views this election as an opportunity to serve his community.

"I don't mind being the new guy in the room learning the ropes," said Mitic, who is also a motivational speaker. "I'm really looking forward to it if my neighbours decide they want me to represent them and I'm happy to take the challenge."

Now he's in what he calls "reconnaissance mode," trying to talk to residents about the issues they care about. Some of the issues he said he hears about in his ward are east-to-west travel, the need for a large-scale employer in the east end, and road safety around schools.

Mitic will run against contender Roland Stieda in the Oct. 27 municipal election.

JOE LOFARO/METRO

Afghanistan war veteran Jody Mitic said he plans to run in Ottawa's municipal election. JOE LOFARO/METRO

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‘I’m sure it’s possible’: Court hears secret recording in terror trial

Tapped. Men heard discussing bombs, disguises at CFB Trenton

Khurram Syed Sher, right, leaves the Ottawa courthouse with his lawyer Michael Edelson Monday, after pleading not guilty to a terrorism charge. JOE LOFARO/METRO

A secretly recorded conversation about homemade bombs and the Canadian Forces Base in Trenton, Ont., was played in court Tuesday in the trial of an Ontario doctor accused of conspiring to facilitate terrorist activity.

Dr. Khurram Syed Sher, 31, a pathology doctor from London, Ont., was arrested three years ago after an intensive investigation by multiple law enforcement agencies from around the world over several years.

As Crown prosecutor Jason Wakely opened his case Tuesday, his description of the means by which police obtained evidence sounded like a scene out of the American TV drama Homeland.

Police covertly entered a home in Ottawa’s west end on June 4, 2010, where they found 56 circuit boards and replaced them with identical replicas. In another home, also in the west end, police planted a bug so they could eavesdrop on a conversation between Sher and two alleged co-conspirators.

The Crown played a 70-minute discussion on July 20, 2010, between the three men. A court order prohibits the names of the other two men from being published.

The recorded portion played in court started out as mundane chatter about food allergies, but then turned to talk of sending money to their “brothers” in Pakistan, and then ideas of forming a small, trustworthy group.

After saying he was interested in their seemingly loose plans, one man, alleged to be Sher, could be heard saying, “I can just go to, like, a hardware store and buy a few things to build a bomb. I’m sure it’s possible.”

The talk also turned to, ironically, how to communicate with each other and their associates using codes to avoid being tracked by spies.

Near the end of the conversation when they mulled their objectives, the men talked about how the bodies of fallen Canadian soldiers in Afghanistan are often brought to CFB Trenton.

The men discussed shaving their beards, wearing hats and “Canadian colours” so as not to raise any suspicion amongst the large crowd that usually gathers at the base to pay their respects.

JOE LOFARO/METRO

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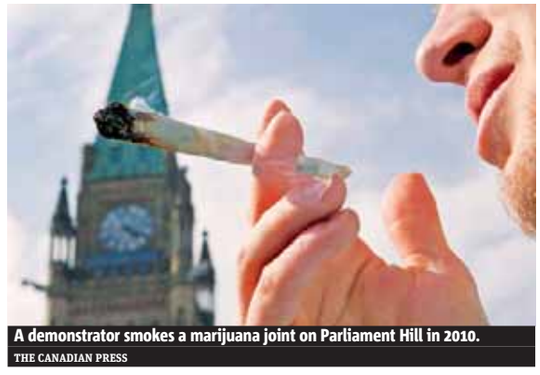
Medical marijuana: City’s pot plans budding


A demonstrator smokes a marijuana joint on Parliament Hill in 2010. THE CANADIAN PRESS

Ottawa’s new pot production plants won’t smell like weed, they’ll be under 24-hour surveillance and they will be far enough away from neighbourhoods, according to the city’s planners.

Based on that assurance, the planning committee approved a zoning amendment Tuesday morning that could see new federally licensed medical marijuana facilities pop up around the region. But it was not passed without some back and forth between city planners and councillors.

City planner Carol Ruddy said there will be a 150 metre buffer zone between the medical marijuana facilities and residential areas. They will also have “James Bond” type security and the fumes will be contained. The federal government also has the right to revoke pot-growing licenses if such grow-ops do not comply.

“This use is no dirtier than others permitted in industrial use,” said Ruddy.

While many grow-ops tend to resemble greenhouses, these legal operations will be in warehouses with 24-hour surveillance. Therefore, they are more in line with pharmaceutical production plants and are better suited for industrial zonage — not agricultural — according to city planners.

Coun. Diane Deans said she wasn’t “100 per cent convinced” there would be no fumes, but she did vote in favour of the motion in the end.

Coun. Bob Monette was the only dissenting vote. He said he wanted the same 150 m setback for daycares as for residential areas, but staff said it was not necessary.

“Daycares are the most vulnerable of our population,” he told Metro. “We’re talking about kids from six months to maybe four or five years old.”

The need for these legal medical marijuana grow-ops stems from upcoming Health Canada changes. As of April 1, users will not be able to grow marijuana at home. The government is also stepping away from its own pot production — leaving it in the hands of licensed private producers.

Although the planning committee gave the go-ahead on the green stuff, council will still need to approve the zoning amendment at its next meeting on Feb. 26. LUCY SCHOLEY/METRO

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Flaherty plays it safe with budget

Tories. Bored with what you see? That suits the finance minister just fine

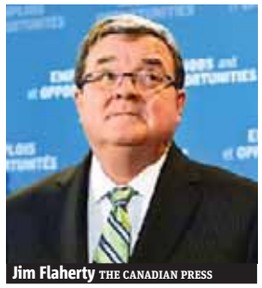
TREVOR GREENWAY AND GEOFF MATTHEWS
ottawa@metronews.ca

Finance Minister Jim Flaherty tabled a cautious federal budget Tuesday that freezes operating budgets of government departments, hikes taxes on tobacco products and promises to return the treasury to a surplus by next year.

Flaherty said the budget will shrink the federal deficit to $2.9 billion in the 2014-15 fiscal year and help pave the way for a surplus of $6.4 billion in 2015-16.

"Some people will say the budget is boring," said Flaherty. "I take that as a compliment."

The budget detailed spending amounts for several infrastructure projects under the $53-billion Building Canada Plan announced last year,



Jim Flaherty THE CANADIAN PRESS

including $14 billion over 10 years for "major economic projects that have a national, regional and local significance."

The money will help build roads, bridges, subways, commuter rail and other public infrastructure projects that promote economic growth, the budget promised.

There is $470 million to advance construction of a new international crossing between Windsor and Detroit, $165 million over two years for a new bridge to replace the heavily travelled Champlain Bridge between Montreal and the South Shore, and $378 million to repair and maintain other bridges in the Greater Montreal Area.

Three ferry services in eastern Canada will benefit from $58 million to support their operations for the next two years, and there is $40 million to accelerate repair and maintenance work at small craft harbours across Canada.

The government also said it will continue to assert its sovereignty in the North by securing international recognition of the limits of Canada's extended continental shelf, including the North Pole.

The budget earmarked $40 million over two years to renew the Strategic Investments in the Northern Economic Development program and encourage economic and social development in the region.

The budget also included a big section on jobs with the launching of the Canada Job Grant for businesses hiring underemployed workers and a plan to expand tax-free student loans to those in apprenticeship Red Seal Trades programs.

Consumer spending

Mind the price gap

Finance Minister Jim Flaherty says he is going after companies that charge higher prices for goods sold in Canada than they do in the U.S.

"The government intends to introduce legislation to address price discrimination that is not justified by higher operating costs in Canada," the budget read. Details are still to come.

GEOFF MATTHEWS/FOR METRO

Internet access

Broadband vow

The federal government says high-speed broadband networks should be available to virtually all Canadians within five years. The budget promises $305 million to provide five-megabits-per-second broadband service to an extra 280,000 households.

GEOFF MATTHEWS/FOR METRO

Mayor still hoping for cash to clean up river

Mayor Jim Watson says he's still hoping the federal government will fund the Ottawa River Action Plan. LUCY SCHOLEY/METRO

The federal government might not have specifically set aside funding in its 2014 budget to clean up the Ottawa River, but Mayor Jim Watson said he's "optimistic" the cash will still flow in for the project.

"The City of Ottawa is ready to pay its share," Watson told reporters following the announcement of the federal budget Tuesday afternoon. "But the federal and provincial governments will need to come to the table very soon, so we can get the job done."

The Conservative government announced $14 billion over 10 years toward a new Building Canada Fund, which will support major economic projects across the country.

The city has set aside $60 million to build sewer infrastructure and take other measures to clean up the Ottawa River, but it needs $23 million each from the federal and provincial governments. Neither has confirmed funding. Watson said he hopes they'll come through in time.

He said the city, province and municipality have already reduced sewer overflows by 80 per cent over the past six years. However, 205 million litres of untreated waste and wastewater still trickled into Ottawa River last year.

Watson said he was pleased to hear that the feds set aside funding to fix up the Rideau Canal, which has seen canal-wall deterioration on the outskirts of the city.

LUCY SCHOLEY/METRO

Pay up. Cigarette tax hike will have smokers spending a little extra

Cigarette smokers will pay an extra 50 cents a pack to indulge their habit, effective immediately, as the government of Canada moves to reduce tobacco consumption.

The move is expected to generate an additional $96 million for the federal treasury in the current fiscal year, rising to $660 million by 2015-16.

In his 2014 budget released Tuesday, Finance Minister Jim Flaherty announced that the federal excise tax will rise from $17 to $21.03 per carton of 200 cigarettes. An even larger increase of $6.03 per carton will apply to cigarettes sold in duty-free stores.

Even those smokers who opt to roll their own, puff on cigars or chew tobacco will share the pain, with the budget promising "corresponding increases" in excise duties on those products.

The duty will continue to rise in the future on pace with the Consumer Price Index.

"Reducing tobacco consumption is an important health objective," Flaherty said in the budget, "and a key tool in achieving this objective is the excise duty on tobacco products."

Meanwhile the government is stepping up its fight against contraband tobacco, giving the RCMP $91.7 million over five years to combat the problem. The money will fund radar, sonar and ground sensors, mobile workstations and long-range thermal video cameras to enable police to respond immediately to alerts.

"Contraband tobacco remains a serious threat to the safety of Canadians," the budget warned, adding that it fuels the growth of organized criminal networks.

GEOFF MATTHEWS/FOR METRO

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Health. Budget expanding National Anti-Drug Strategy to combat abuse

The federal government plans to tackle prescription drug abuse among youth with $44.9 million invested over five years to expand the National Anti-Drug Strategy.

The money is part of the 2014 Economic Action Plan and will go toward educating Canadian consumers on the safe use, storage and disposal of prescriptions drugs such as fentanyl and Oxycontin.

The money will also go toward enhancing treatment and the prevention of prescription drug abuse in First Nations communities.

According to the 2014 federal budget, opioid use among Canadians has "risen by over 200 per cent since 2000."

"Closely tied to this increase in usage is an increasing rate of prescription drug abuse, which doubled among Canadians aged 15 and older between 2011 and 2012," the document reads.

Other health-related measures in this year's budget include tax relief for individuals with service dogs, namely diabetes alert dogs, which are trained to detect sudden drops in their handler's glucose levels through scent and fetch equipment such as an insulin kit.

TREVOR GREENWAY/METRO

More online
For more news visit metronews.ca

The budget: Six things to know

Along with freezing operating budgets and vowing a surplus by next year, Tuesday's federal budget delivered a grab bag of initiatives. Here's six you should know about:

GEOFF MATTHEWS AND TREVOR GREENWAY
Metro

The Canada Job Grant

Canadian businesses looking to hire and train underemployed or unemployed workers will get a hand from the top, as the 2014 federal budget will launch the Canada Job Grant, giving businesses up to $15,000 per worker for training costs.

Beefing up our food-safety system

Government will inject $390 million over the next five years into Canada's food safety system. The cash will go into hiring inspectors and to create a country-wide information system for authorities to respond quickly to food-safety risks.

Using DNA to find missing people

The government is proposing up to $8.1 million over five years to create a DNA-based missing persons database starting in 2016, with a $1.3-million yearly investment.

$36M to help put computers into classrooms

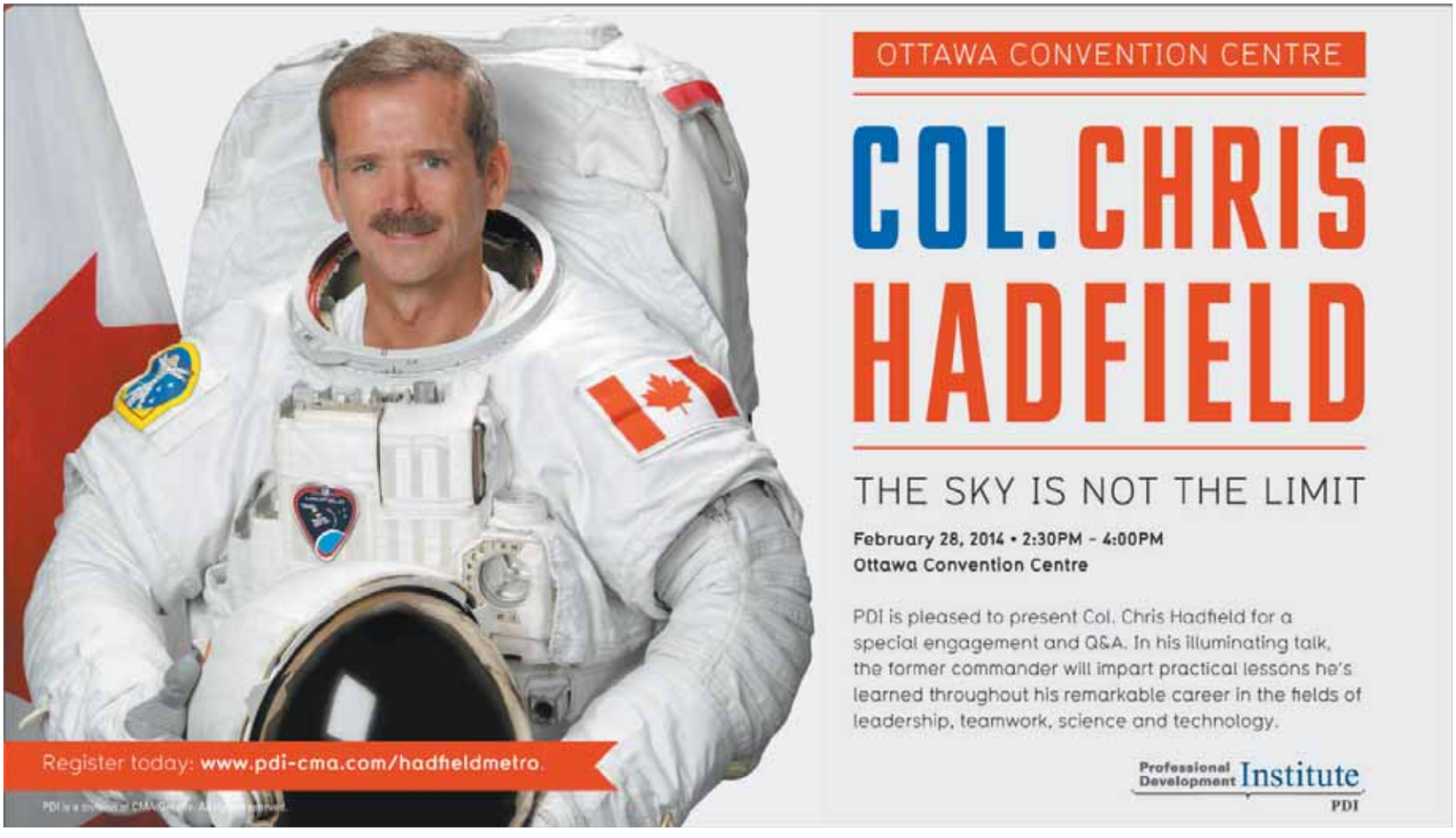
The federal budget proposes $36 million over four years to renew the Computers for Schools program.

Staying prepared: $200 million for disaster relief

Government will work with provinces, territories and cities to establish a National Disaster Mitigation Program with a proposed $200 million over five years starting in 2015.

Dignity for our fallen heroes

The government plans to spend $108.2 million over three years, starting immediately, to expand eligibility for the Funeral and Burial Program to ensure all veterans have access to a dignified funeral and burial.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‘Hang in there’ — Chinese go online to slam prostitution raids in sex capital

Top trending topic. Criticism suggests shifting views of sex trade among Chinese public

A state TV exposé on prostitution in China’s “sex capital” and an ensuing, much-publicized police crackdown has drawn criticism from the public, who expressed sympathy for the sex workers and suggested that authorities target other kinds of wrongdoing.

Coverage of the weekend raid by 6,500 officers in the southern city of Dongguan — filled with images of handcuffed women with their heads bowed — spurred many people to post comments online that were more critical of the China Central Television broadcaster’s reporting and the crackdown than the prostitution it uncovered.

“Dongguan, hang in there” was a top trending topic on Sina Weibo on Monday, with one variation of the phrase having been reposted more than 1.5 million times by Tuesday morning. Another popular phrase was “Don’t cry, Dongguan.”

Some online users suggested the women ended up in the sex business because they had sick parents or siblings to support, and called for authorities to offer more care to them during the crackdown.

Others said police manpower would be better used rooting out corruption among public officials and other crimes.

Some voices called for China’s now-entrenched sex trade to be made legal and to end discrimination against sex workers.

In CCTV’s report broadcast Sunday, undercover reporters with hidden cameras filmed sex services being offered for sale in hotels in Dongguan. A CCTV reporter called police to report that prostitution was happening in two hotels, but police didn’t show up.

However, hours after the broadcast on Sunday, Dongguan police launched the crackdown, which was widened to a three-month crackdown on the sex trade across the whole province of Guangdong. As of Monday morning, 12 entertainment venues involved in prostitution had been closed and 67 people investigated.

Chinese police detain a group of suspects during an anti-prostitution raid at a hotel in Dongguan in south China’s Guangdong province on Sunday. The crackdown on prostitution has been met by criticism online, suggesting attitudes toward the industry are slowing changing. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Obama gives suddenly stag Hollande an earful

U.S. President Barack Obama welcomes French President Francois Hollande on Tuesday at the White House. JACQUELYN MARTIN/THE ASSOCIATED PRESS

U.S. President Barack Obama vowed Tuesday to come down like “a ton of bricks” on firms that violate sanctions against Iran, speaking at a joint news conference with French President Francois Hollande, who defended a trip by French businesses executives to Tehran.

The United States and France are among the countries that signed an interim nuclear agreement with Tehran. The agreement halts progress on the Islamic republic’s nuclear program in exchange for easing international sanctions. Talks on a final deal begin next week in Vienna, Austria.

The Obama administration has objected to the interest French businesses have shown in Iran since the sanctions were eased.

More than 100 French executives visited Tehran last week, a trip Secretary of State John Kerry told his counterparts in Paris was “not helpful.”

Hollande said he told the French businessmen that sanctions remain in effect and no commercial agreements can be signed without a long-term, comprehensive nuclear deal. But he said he’s not president of the French employer’s union and companies make their own travel decisions.

Obama said the United State and France have rebuilt a relationship that “would have been unimaginable even a decade ago,” after president George W. Bush launched an unpopular war against Iraq.

THE ASSOCIATED PRESS

Stag visit

The 59-year-old Hollande, who ended his relationship last month with girlfriend and French first lady Valerie Trierweiler, showed up stag at the White House.

- The White House carefully avoided mention of Hollande’s personal drama and moved forward with a grand welcome reserved only for America’s closest allies.

Boy Scouts of America

Gay teen earns Eagle Scout rank

After years of turmoil and debate over its policy, an openly gay 17-year-old achieved the highest rank of Eagle Scout in the Boy Scouts of America. Troop 52 of Chevy Chase, Maryland, gave Pascal Tessier sustained applause Monday. THE ASSOCIATED PRESS

Saudi Arabia

Man jailed 10 years for ‘disobeying ruler’

A Saudi court has sentenced a man to 10 years in prison for “disobeying the ruler” by taking part in anti-government protests and chanting slogans allegedly harmful to security.

The pan-Arabic newspaper Al-Hayat, which is owned by a Saudi prince, reported that the man was filming protests in the eastern province of Qatif where minority Muslim Shiites have clashed with police in demonstrations demanding fair treatment and greater reforms from the kingdom’s Sunni rulers.

The newspaper said the defendant described Saudi rulers as “a gang” and as “American agents.”

THE ASSOCIATED PRESS

German zoo

Polar bear dies after eating bag

The Wilhelma zoo in Stuttgart said a 25-year-old polar bear died Monday after swallowing a jacket or bag dropped into his enclosure by a visitor. The zoo says it previously lost an elephant seal that swallowed a toy animal.

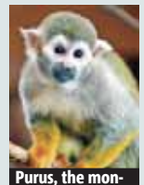
THE ASSOCIATED PRESS

Over-productive stud

German zoo turfs monkey Casanova

A German zoo says it’s sending a monkey Casanova to the Czech Republic because he’s produced so many offspring that he may soon start having children with his own relatives.

Halle Zoo’s monkey keeper said her 25 female adult squirrel monkeys had rejected all other males and have only been mating with 10-year-old Purus. He’s now sired about 50 offspring, many now reaching the age of sexual maturity. THE ASSOCIATED PRESS



Purus, the monkey Casanova THE ASSOCIATED PRESS

Pilot sentenced in hang-gliding death

British Columbia. Father of woman who died in tandem hang-gliding accident calls five-month sentence too light

William Jon Orders, 51, has been sentenced to five months in jail for causing the death of 28-year-old Lenami Godinez-Avila, who plummeted 300 metres from a hang-glider shortly after taking off for a flight across B.C.'s Fraser Valley on April 28, 2012.

The Chilliwack court heard Orders didn't hook Godinez-Avila to the glider and also failed to conduct a required safety check before launching. After he landed, he swallowed a memory card containing video of the incident.

Quoted

"I don't think any father in the world — any parent — would stand for this situation."

Miguel Godinez, father of Lenami Godinez-Avila

During a court hearing last Friday, Orders had pleaded guilty to criminal negligence.

The sentence includes three years of probation, during which Orders will be prohibited from hang-gliding and must educate others about what happened.

Godinez-Avila was from Mexico. She was working for B.C.'s Environment Ministry while studying at the University of British Columbia.

Her father, Miguel Godinez, who was in court to watch the proceedings, said the sentence didn't go far enough. "I don't think any father in the world — any parent — would stand for this situation," he told reporters outside the courthouse.

Orders was also charged with obstruction of justice for swallowing the memory card, but the charge was stayed by the Crown. THE CANADIAN PRESS

William Jon Orders THE CANADIAN PRESS

Algeria. Military plane crashes into mountain killing passengers and crew

An Algerian military transport plane is pictured after it slammed into a mountain in the country's rugged eastern region on Tuesday. MOHAMED ALI/THE ASSOCIATED PRESS

Algeria's Ministry of Defence says 77 people were killed and one man survived after a military transport plane crashed into a mountain in eastern Algeria on Tuesday.

The plane was carrying 74 passengers and four crew members.

After radio and radar contact with the flight was lost at 11:37 a.m. local time, three helicopters were sent to find the plane. The ministry said it had slammed into Mount Fortas, 50 kilometres from the flight's destination city of Constantine.

"Unfavourable weather conditions and storms accompanied by snow in the region were behind the crash," the ministry said in a statement.

Civil defence officials at the scene said the plane broke into three parts at the snowy crash site and women and children — presumably from military families — were among the dead.

Military transports in Algeria routinely carry not only soldiers but military families visiting the army bases. The plane had taken off from the southern Saharan city of Tamanrasset, which has a massive military presence due to its proximity to the country's unstable southern borders. THE ASSOCIATED PRESS

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Canada's ski jumpers join in historic Olympic debut

Kim and Steve Henrich just wanted their daughter to take off clean and land in style. All the rest didn't matter so much.

After all, Calgary's Taylor Henrich had already helped make history at the Sochi Games just by being invited to compete.

Henrich, 18, was among an international field of 30 female ski-jumpers taking part in the Olympic debut of their sport Tuesday, one that came after years of controversy. In 2009, The Supreme Court of Canada denied an appeal to have the ladies compete in the 2010 Vancouver spectacle.

Kim and Steve weren't able to make it to Sochi to take in their daughter's moment to shine on the world stage, so they organized a viewing party at the Calgary Winter Club. The nerves were high at first: Kim admitted she struggled to watch as Taylor rocketed down the 90-metre take-off ramp.

In the end, she wound up 13th, just one spot behind fellow Calgary jumper Atsuko Tanaka, the only other Canadian competing in the event.

Kim and Steve Henrich held a party for their daughter Taylor, taking part in the first Olympic women's ski-jumping event. JEREMY NOLAIS/METRO IN CALGARY

"Taylor is really phenomenal," Kim said after the excitement slowed. "She's not a kid anymore ... she always put her best effort into anything she does. I'm really proud of her."

In all likelihood, the women's event will stay on the Olympic program into the 2018 Games.

Tanaka, meanwhile, told reporters in Sochi that the mood was light among the competitors, despite the stakes being high.

"I was just really having fun up there with all the girls. We were high-fiving each other, wishing each other good luck," she said. "It was a great atmosphere to be jumping in." JEREMY NOLAIS/METRO IN CALGARY, WITH FILES FROM THE CANADIAN PRESS

RUSSIA'S ANTI-GAY STANCE HAS SPOILED THE SOCHI OLYMPICS

ANGELA MULLINS
Managing editor
for Metro in London, Ont.
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Too close to home

The atmosphere in Sochi has left me angry and, quite frankly, hurt.... I have no option but to sit these Games out.

It's Sochi Day 6 and I haven't watched a minute.

I know it's hard to believe, but I've missed all the action by choice. The Olympics are, after all, one thing that most everyone in the world can agree to love.

Generally speaking, I love them too.

I marvel at the athletes' iron will. After the 2008 Summer Games I took faster, higher, stronger to a personal level, starting a workout regiment that has changed and likely saved my life.

One of my first vivid memories is of American gymnast Mary Lou Retton claiming five gold medals at the 1984 Games. I remember her face, grinning from ear to ear, on the front of my cereal box, her perkiness and national pride practically oozing off the cardboard.

I wanted to know her, to live part of her story. More importantly, I wanted to be her.

But this year will bring no such motivation or inspiration. The atmosphere in Sochi has left me angry and, quite frankly, hurt.

I don't feel part of these Games. In fact, I feel quite the opposite: asked by the host to either bow out or keep quiet.

See, my problem is with all this "anti-gay stuff," as a prominent member of the International Olympic Committee put it so eloquently recently.

As millions openly bask in the glow of Russia's shiny new stadiums, many nearby are being forced to live anything but an open life.

I used to be one of those people, and the memories, though more than a decade old, are still too raw for me to face.

Trust me, I did anything but run out of my closet waiving a rainbow flag. I grew up in a conservative family in small-town America, where it was barely acceptable to be black in the '90s, much less gay.

When I eventually told my parents I was dating a woman, now my wife, the rejection was immediate.

It hurts to be told that something as basic as who you love is wrong, much less that you could be jailed as a result. It's a pain that dulls over time, but it never goes away no matter how much you laugh or how much you cry.

For me, the Sochi Games are and always will be automatically linked to Russia's attack on human rights. Even watching from afar scratches too many old personal wounds and comes closer than I dare to supporting something so innately wrong.

So, that's it. I have no option but to sit these Games out.

The politics have simply hit too close to home this time and it's something I just have to accept, like it or not.

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Activists smuggling stray dogs out of Sochi

Animal activist Igor Airapetian carries a stray dog brought out of Sochi by a fellow activist at a rendezvous point in Tuapse, Russia, 120 kilometres away from the Olympic area on Tuesday. Airapetian is one of a dozen people in the emerging movement of animal activists in Sochi alarmed by reports that the city has contracted the killing of thousands of stray dogs before and during the Olympic Games. DAVID GOLDMAN/THE ASSOCIATED PRESS

Lulu plays blame game, expert says

New study.
Lululemon's shopping bags make some bold claims that pin the blame on the individual

EMILY JACKSON
Metro in Vancouver

The Vancouver-based yoga retailer's bags carry some heavy philosophical messages. JOE RAEDLE/GETTY IMAGES FILE

Making customers feel bad about their mediocre lives may be the secret to Lululemon's success at squeezing thousands into stretchy pants, argues research from an Ontario university.

The Canadian yoga retailer's manifesto, emblazoned on its bags with messages like "stress is related to 99 per cent of illness" and "this is not your practice life," helps sell athletic wear by promoting a philosophy that blames people if their lives aren't fabulous, according to the paper published in the Canadian Review of Sociology in January.

The neo-liberal political philosophy emphasizes individuals and personal responsibility, said co-author Christine Lavrence, professor at Western University.

While that might not seem bad, it can be "deeply unfair" by blaming people for things they're not in control of — say, a person with an illness or a single mother that sacrifices career advancement to care for her children, Lavrence said.

For richer, for poorer? Money issues bigger threat to marriage than cheating

The majority of both men and women say they're the boss at home when it comes to making big decisions on their retirement, and they also blame each other for spending more than saving, a new report shows.

BMO's fourth annual Valentine's Day RRSP study wasn't terribly romantic, with conflict over finances identified as the top potential threat to a happy marriage — even over infidelity.

And it turns out most Canadians couples are not on the same page in terms of who they feel is the lead decision maker on retirement planning issues.

The study found that men in a relationship are twice as likely to consider themselves the key decision maker on retirement-related issues compared to their partner (41 per cent think they are the boss, 15 per cent think their partner runs the show).

However, women are also more apt to see themselves as top dog at home when planning for their golden years as opposed to their partner (32 per cent think they are the boss, 19 per cent think their partner is).

"If both partners in a relationship feel they're calling the shots and they have different views, then there's going to be conflict at some point down the road," cautions Chris Buttigieg, BMO Financial Group's senior manager of wealth planning.

TORSTAR NEWS SERVICE

Happy Valentine's Day

- Guys in a relationship are twice as likely to consider themselves better savers (42 per cent) over their partner (19 per cent).
- Women too are twice as likely, at 44 per cent, to figure they put more emphasis on saving while 21 per cent point to their spouse as the better nest egg builder, the survey shows.

Resigned? Complaints plummet as flight delays, cancellations in U.S. soar

Flight delays are increasing on major U.S. airlines, but fewer travellers are complaining.

The federal Department of Transportation said Tuesday that just 68.9 per cent of domestic flights arrived within 14 minutes of schedule in December, compared with 76.6 per cent a year earlier. Cancellations rose too.

In early December, snow, ice and freezing temperatures snarled operations at big hub airports in Chicago and Dallas, causing hundreds of cancelled flights and delays that rippled across the nation.

There were 10 flights during the month that were stuck on the ground for at least three hours, in violation of federal rules, and nine occurred at Chicago's O'Hare Airport on Dec. 8.

The airlines, however, were struggling to stay on schedule even before then. For all of 2013, the on-time rate fell to 78.3 per cent, a drop of 3.6 percentage points from 2012.

The government figures cover 16 airlines including all the giants and the leading regional carriers, but they may underestimate the delay problem because they capture only three-fourths of domestic flights at U.S. airports, according to the Transportation Department's inspector general.

Regardless, few of the displaced passengers bothered to file complaints with the government, however. The Transportation Department said that complaints fell 14.1 per cent last year, to 13,168 out of the millions of people who boarded a plane.

THE ASSOCIATED PRESS

We're still complaining

While the U.S. Transportation Department says it got fewer complaints from air travellers last year, the Canadian Transportation Agency's recently released annual report states the number of complaints it received against domestic carriers increased.

- Complaints in Canada rose to 301 in 2012-2013, up from 215 complaints in 2011-2012, and complaints against foreign carriers rose to 218 in 2012-2013, compared to 145 the previous year.

Search for 'female Viagra' taking longer than it took Odysseus to get home

The pharmaceutical industry's 15-year epic hunt for a female equivalent to Viagra hit another roadblock Tuesday. The Food and Drug Administration in the U.S. wants more research on flibanserin, formulated to boost sexual desire in women, by Sprout Pharmaceuticals. The FDA wants more data on how the pink tablet interacts with other medications and how it affects driving ability. Nearly 10 per cent of women studied in company trials reported sleepiness while taking the daily pill. ALLEN G. BREED/THE ASSOCIATED PRESS

U.S. Federal Reserve

Yellen to follow Bernanke's footsteps closely

U.S. Federal Reserve Chair Janet Yellen sought Tuesday to reassure investors that she will embrace the approach to interest-rate policy that her predecessor, Ben Bernanke, pursued before he stepped down as chairman last month.

In her first public comments since taking over the top Fed job last week, Yellen said she expects a "great deal of continuity" with Bernanke. THE ASSOCIATED PRESS

NSA leaks

Technology firms urge changes to U.S. spying

A coalition of America's leading technology firms is urging changes in the government's spying programs.

It's pressing for more limits on collections of Americans' data and greater oversight and transparency about the secret operations. The companies' action joins a day of protests against the Obama administration's surveillance policies.

THE ASSOCIATED PRESS

Chatty Cathys on planes

Hate cellphone loud talkers? U.S. bill is on your side

Allowing airline passengers to make cellphone calls in-flight is asking for trouble, lawmakers said Tuesday as a House panel approved a bill to ban such calls.

The bill — passed without opposition — requires the Department of Transportation to issue regulations prohibiting such calls.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.77¢ (+0.31¢)

TSX
13,880.99 (+86.81)

OIL
$99.94 US (-$0.12)

GOLD
$1,289.80 US (+$15.10)

Natural gas: $4.92 US (+$0.29)
Dow Jones: 15,994.77 (+192.98)

THE PROBLEM(S) WITH PARENTS

JUST SAYIN'

Mike Benhaim
metronews.ca

Having children changes people. Often for the better, but we all know at least one couple that has gone completely overboard. Whether they're overprotective, insanely health-conscious, educationally obsessed or they want to breastfeed until the kid is in his teens, we can all agree that they freak the rest of us out.

I'm not sure when the co-sleeping fad began, but the theory that keeping a newborn close after birth might ease their separation anxiety seems plausible enough. Then, some took it a step too far and decided that a baby should be immediately held and only released into the arms of the other parent and back for an extended part of their infancy. This includes sleeping and bathing with the child. No independent bedroom. No crib. Perpetual togetherness.

Hey, why stop there? Why not leave the umbilical cord until it falls off and you have it bronzed and turned into a bracelet that the child can wear as a reminder of this glorious eternal connection? No, that would be weird.

And how about mastication? We all do it, but some parents believe in pre-masticating. In 2012, Alicia Silverstone posted a video on her mommy blog of her chewing food and then inserting it DIRECTLY from her mouth into that of her one-year-old.

Silverstone's response to public outcry was that it was perfectly normal and people have been doing it for thousands of years, and she's right. Those people are called birds. In fairness though, it's not like she was planning on doing that forever. Eventually, she'll spit into a bowl or something. I mean, the kid's gotta learn to use a spoon sometime, right?

The vegan even had the audacity to proclaim, "Just had a delicious breakfast of miso soup, collards and radish... yum! Fed Bear a bit from my mouth to his. It's his favourite and mine."

Mmmm. That certainly does sound delicious. And imagine the preschool conversation.

"What'cha got? Apple sauce?"

"Nah, steamed radish and kale. Pre-chewed. Trade you for that Twinkie?"

But who are we to judge? Perhaps children should be free to adjust at their own pace without the stress of sleeping and bathing in companionless isolation. Is it fair to prematurely pressure a child to learn to use a toilet? Or walk, or chew, or deal with a world full of... spontaneity? Why? So they can cope? You show me a person who copes, and I'll show you someone who probably doesn't call their mother often enough. Is that the kind of person with whom you want your child sharing the world?

All sarcasm aside, there is a fine line between not doing enough for your children, and doing way too much.

In the immortal words of Pink Floyd on The Wall, "Mother, did it need to be so high?"

Mike is filling in for Paul Sullivan, who will return next week.

ZOOM

Winter Olympics a.k.a. Warm Olympics

LUCA BRUNO/THE ASSOCIATED PRESS

Mountain sports affected by weather

The forecast for the next day's temperature is reflected in the ski goggles of a volunteer at the Sochi 2014 Winter Olympics Tuesday in Krasnaya Polyana, Russia. Warm temperatures in the mountains made the snow too soft and caused the cancellation of women's downhill training on Tuesday.

THE ASSOCIATED PRESS

Athletes trying to chill out on the runs

Cross-country skiers are looking for the right wax to cut through the mush. Jumpers are trying to land in snow that's way too soft. Freestyle skiers and snowboarders are bailing out of their best tricks on courses that are melting under the Sochi sun. Temperatures climbed well above 10 C even on the highest hills.

THE ASSOCIATED PRESS

What's in the past

- Four years ago, too-warm, too-wet weather in Whistler delayed the start of racing.
- At Turin in 2006, the women's super-G was postponed 24 hours, and the combined event was split over two days.
- Skiing at Nagano in 1998 waited for two days, and officials shoehorned nine races into 10 days.
- At Sarajevo in 1984, both downhills were postponed.
- And the last pre-Olympic World Cup weekend for Alpine skiing shared a similar fate.

Clickbait

LUKE SIMCOE
Metro Online

With its sudden removal from the Android and iOS app stores over the weekend, Flappy Bird appears to have flown into its final pipe. Fortunately, like everything popular that disappears from the Internet, the beloved — if slightly masochistic — game has returned ... in clone form! Minutes after the game was pulled by its Vietnamese developer, app stores were flooded by thinly-veiled imitations. We here at Metro played some of them, so that you don't have to.

CONTRIBUTED

IronPants:

It's exactly like Flappy Bird, if you replaced the bird with a caped superhero and the pipes with boxes! It's one of the more polished clones, so expect it to fare well.

Cute Tiny Birds:

Guide a bird that looks like Toucan Sam on a quest to snag rings that suspiciously resemble Froot Loops. Get it quick before Kellogg's sues it out of existence.

Flappy Doge:

If you don't have an Android or Apple device but still want to deflate your self-esteem, you can always try Flappy Doge. The browser-based game replaces the titular bird with everyone's favourite memetic Shiba Inu.

Fly Birdie:

If Flappy Bird was too difficult for you (so, basically everyone), try Fly Birdie. The game works on the same principle, except the space between the maddening pipes is vastly increased.

Twitter

@metropicks asked: Don't break up on Valentine's Day, or ignore the holiday, says @MetroSheSays. What's another V-Day faux pas?

@twharding: don't propose. Save that for a different day so it's more special.

@thingleaderof5: don't break up BEFORE Valentine's day, to be with your new "one". Trust me, it sucks.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

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Action

RoboCop

Director. José Padilha

It's 2028 and conglomerate OmniCorp is at the centre of robot technology. Overseas, their drones have been used by the military for years, and it's meant billions for OmniCorp's bottom line. Now OmniCorp wants to bring their controversial technology to the home front, and they see a golden opportunity to do it. When Alex Murphy (Joel Kinnaman) — a husband, father and good cop doing his best to stem the tide of crime and corruption in Detroit — is critically injured in the line of duty, OmniCorp sees their chance to build a part-man, part-robot police officer.

Rotten Tomatoes™ score

Critics:	Audience:
52%	97%

Obituary

Iconic child star of 1930s dies at 85

Shirley Temple GETTY IMAGES

Shirley Temple, the dimpled, curly-haired child star who sang, danced, sobbed and grinned her way into the hearts of Depression-era moviegoers, has died, according to publicist Cheryl Kagan. She was 85.

Temple, known in private life as Shirley Temple Black, died Monday night at about 11 p.m. at her home near San Francisco. She was surrounded by family members and caregivers, Kagan said.

A talented and ultra-adorable entertainer, Shirley Temple was America's top box-office draw from 1935 to 1938, a record no other child star has come near. She beat out such grown-ups as Clark Gable, Bing Crosby, Robert Taylor, Gary Cooper and Joan Crawford. THE ASSOCIATED PRESS

New RoboCop winks at dystopian original

Swedish actor Joel Kinnaman stars as the new RoboCop. CONTRIBUTED

Back to the future. IMAX remake of RoboCop plays up realism foretold by 1987 original

IN FOCUS
Richard Crouse
scene@metronews.ca

If the original RoboCop movie is any indication, sometimes life does imitate art.

The 1987 film shows a crime-ridden and financially ruined Detroit turning to a part-human, part-robot cop to police the streets. As far as I know, no cyborgs have ever patrolled the neighbourhoods of Motor City, but 27 years after the movie hit theatres, Michigan's most populous city declared Chapter Nine, becoming the largest municipal bankruptcy filing in U.S. history.

Prescient? Perhaps.

Fosterwealth.com wrote, "With Detroit's bankruptcy, we've seen much of RoboCop come to pass," while screenwriter Ed Neumeier remembers a note written in the margin of his copy of the script, "The future left Detroit behind."

The writer also told CNN, "We are now living in the world that I was proposing in RoboCop."

The original Peter Weller movie lived at the centre of popular culture when it came out, spawning two sequels, a television series, two animated shows, a mini-series, video games and several comic books.

And today RoboCop is still a going concern.

Later this year a 10-foot-tall tribute statue will be unveiled in Detroit and this week a remake will become the first RoboCop movie to be released in IMAX.

The new RoboCop is an all-star affair, with Swedish star Joel Kinnaman as the title character and appearances from Gary Oldman, Michael Keaton, Samuel L. Jackson and Jay Baruchel. Just don't expect a straight-up copy. "I'm not trying to remake RoboCop," says director José Padilha, "because I don't think RoboCop is remakeable."

Instead, Kinnaman says, the new film will be "realistic," and "will have a satirical quality... It's going to have that wink in the eye, but we're not looking to replicate the [original director Paul] Verhoeven tone."

The one thing the two films have in common for sure is that while both are set in Detroit, neither used the city as the principal shooting location. Verhoeven filmed his movie in Pennsylvania and Texas whereas the new movie was lensed mainly in Toronto and Vancouver.

Fresh take

"I'm not trying to remake RoboCop, because I don't think RoboCop is remake-able."
Director José Padilha

Film hits the fan

RoboCop busts a moviegoer

Another incident illustrates how the film aided real life law enforcement… at least once.

A robbery suspect/movie fan in Sacramento, Calif., tried to elude police by hiding out in a movie theatre showing RoboCop. He became so immersed in the film he didn't notice the cops evacuating the audience, leaving him alone and busted when the lights came on.

SCENE

Clooney's wish to have all marbles in one place exposes rift in art world

Parthenon Marbles. Director of art-ownership flick ticks off British Museum with his support for Greece's claim on ancient friezes

George Clooney, top row, second from left, and cast members of The Monuments Men pose in front of Cupid Complaining To Venus, believed to be from Adolf Hitler's private collection, in London on Tuesday. JON FURNISS/INVISION/THE ASSOCIATED PRESS

If George Clooney thought the battle over art's rightful ownership — the subject of his Second World War movie The Monuments Men — was in the past, he knows better now.

The actor-director has touched a nerve in Britain by suggesting the 2,500-year-old Parthenon Marbles should be returned to Greece.

At a press conference Tuesday, Clooney called for "an open discussion" on the fate of the ancient friezes, which were taken by British diplomat Lord Elgin 200 years ago.

Both the Vatican and the J. Paul Getty Museum had sent parts back, Clooney said, raising the question "of whether or not one piece of art should be, as best as possible, put back together."

"There are certain pieces that you look at and think, that actually is probably the right thing to do," Clooney said.

The fate of the marbles, originally part of the Parthenon temple, is a long-standing issue between Britain and Greece. Greece calls them looted art, and wants all the friezes reunited in a museum in Athens.

Greek to me

"It's had a very nice stay here, certainly. But London's gotten crowded. There's plenty of room back there in Greece."

Bill Murray said of ancient Greek friezes.

Greek Culture Minister Panos Panagiotopoulos thanked Clooney for his support, calling him "an active citizen and creative artist who adamantly defends what is just and good."

The British Museum, which houses the marbles, says they "are a part of the world's shared heritage and transcend political boundaries" and are best displayed in London, where the public can view them for free.

Clooney, who directed and stars in The Monuments Men, said he hadn't meant to spark a storm when he answered a question from a Greek journalist about the marbles at the Berlin Film Festival last week. And he said he'd been told that, as an American, he couldn't understand the issues.

"That can't always be the British default setting," co-star Matt Damon told British reporters, half-joking. "That's not actually an argument, to say 'Well you're American.'"

Bill Murray, another star of the movie, had a firmer opinion on the ancient artwork.

"It's had a very nice stay here, certainly," Murray said. "But London's gotten crowded. There's plenty of room back there in Greece."

The Monuments Men tells the true story of a unit of Allied architects, artists, curators and museum directors sent into Europe to prevent art treasures being destroyed or looted by the Nazis. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Rosie Huntington-Whiteley ALL PHOTOS GETTY IMAGES

Is it ring-around-the-Rosie time for Victoria's Secret model and Jason Statham?

Rosie Huntington-Whiteley is sure excited about something coming up with boyfriend Jason Statham, although she won't go into specifics — but that's not stopping others from speculating that there might be a summer wedding planned for the pair. "There are a few things in my personal life that are very exciting that I probably can't elaborate on," she tells the Sunday Times in an otherwise quite candid interview. "I think the longer you are together, the more you look out for each other, the more you become invested in each others' lives," she says. "We really are a team. We are deeply connected. We are best mates and it's a beautiful thing. I feel truly lucky. He's a warm spirit."

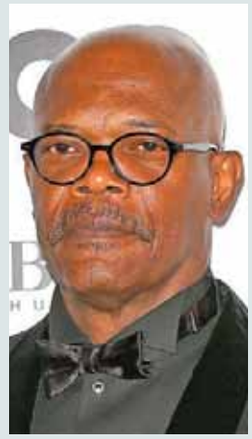
Miley Cyrus

Miley is over Hollywood Hills and for ready for the high-rise life

Miley Cyrus is reportedly considering ditching the Hollywood Hills lifestyle in favour of a high-rise condo in downtown Los Angeles, according to Star magazine. "Miley's security situation has been a massive issue for the last year. She would like to come and go as she pleases and feel safe alone in her home, and that just isn't happening with her current house," a source says. "She's thinking of buying a condo in a downtown L.A. high-rise instead of continue to deal with stalkers and lunatics trying to break into her hillside home at all hours of the day."

The Word

It's not all the same to Jackson when reporter mistakes him for Fishburne



A Los Angeles newscaster apologized to Samuel L. Jackson for confusing him with fellow actor Laurence Fishburne during a live TV interview.

KTLA entertainment reporter Sam Rubin was interviewing Jackson on Monday about the film RoboCop when he asked the actor if he'd gotten a lot of reaction to his recent Super Bowl commercial.

When Jackson asked, "What Super Bowl commercial?" Rubin realized his mistake and began to apologize. But it was too late.

"You're as crazy as the people on Twitter," an animated Jackson, who was doing the interview by satellite from Atlanta, told Rubin. "I'm not Laurence Fishburne. We don't all look alike. We may be all black and famous but we don't all look alike."

As Rubin, who is white, tried to apologize, a smiling Jackson went on at length, listing various black actors and their commercials. Video of the exchange quickly went viral.

"I'm the 'What's in Your Wallet,' black guy," he said of his own commercial for a credit-card company. "He's the car black guy. Morgan Freeman is the other credit-card black guy. You only hear his voice, though, so you probably won't confuse him with Laurence Fishburne."

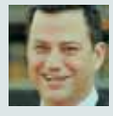
Fishburne, as the character Morpheus from the Matrix movies, appeared in the Super Bowl commercial for Kia automobiles.

The pair eventually got back to talking about RoboCop, with Jackson telling Rubin how highly he regards Michael Keaton and Gary Oldman, who appear in the film with him.

"You do know who they all are though, right?" he teased. "Just in case they have some of them on the show. Do some work. Do some research. Make sure you don't confuse them with those other white actors."

THE ASSOCIATED PRESS

Twitter

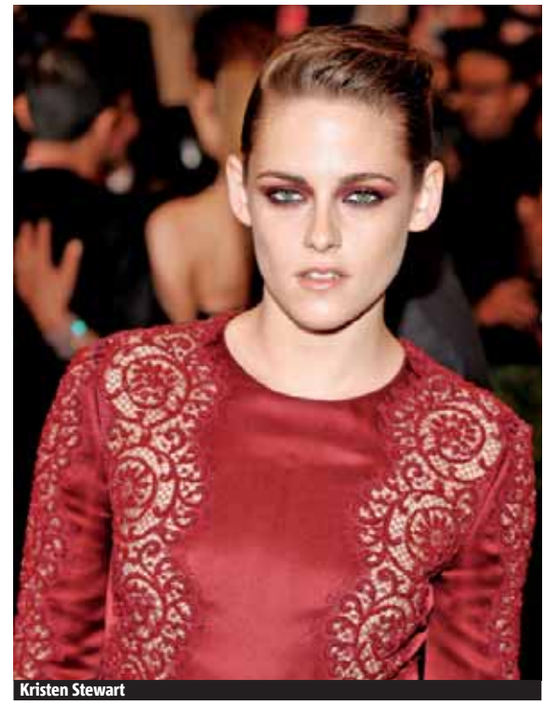


@jimmykimmel

It's so cute Matt Damon thinks anybody cares what he has to say

@ABFalecbaldwin

Madre de Dios, it's snowing here in Madrid!!



Kristen Stewart

Director's love may still brew but for K-Stew the affair is through

After the affair between Kristen Stewart and her married Snow White and the Huntsman director, Rupert Sanders, went public in the summer of 2012, they each apologized to their significant others and went their separate ways — or so it seemed.

"They are still in contact, and incredibly Rupert is still hoping for a future together. But Kristen has come to her senses and doesn't want to damage her image more," a source tells Radar Online.

"Even though he has admitted to everyone in his life that the long-brewing affair was a terrible idea, he still hasn't been able to get over his feelings for Kristen. He fell in love with her a long time before he laid a finger on her, and he's finding it difficult to shake."

While Stewart has since parted ways with then-boyfriend Robert Pattinson and Sanders was hit with divorce papers by wife Liberty Ross, a reunion doesn't seem likely, despite what Sanders might want.

"Rupert, against all better judgment, still holds out hope that he and Kristen can get things going again, but he's completely deluded," the source explains.

"She would never put her career on the line like that again."

Metro Ottawa takes a look at the state of the economy in Ottawa-Gatineau and where things are headed in 2014. Including interviews with the mayors of both Ottawa and Gatineau and some of the major economic players, examining everything from jobs and downtown development to small business and the real estate market.
IMAGINE OTTAWA-GATINEAU
Available in the February 25th edition of Metro!

LIFE 3

Dip your toe into Africa

Namibia. Try a road trip, hiking up sand dunes or a four-wheeler adventure in this southwestern African nation

ANDREW JOHN VIRTUE DOBSON
dobbernation
dobbernationloves.com

The hike up the dune nicknamed Big Daddy, in Namib-Naukluft National Park, is a three-hour fitness challenge. ANDREW JOHN VIRTUE DOBSON/FOR METRO

Europeans have been keeping this a secret. For years they have quietly been adventuring through Namibia, renting cars and hitting the road in search of an Africa that still seems untouched by the tourist hordes that descend on destinations like South Africa and Tanzania. Those looking to plan the ultimate African road trip will find an affordable and safe adventure here.

The mighty dunes of Sossusvlei

One of Namibia's star tourist attractions can be found in the Namib-Naukluft National Park. Photography fans will need to ready themselves for the jaw dropping views of Sossusvlei, a huge clay area enclosed by giant sand dunes. A real fitness challenge for any visitor is the three-hour hike up Big Daddy, a sand dune considered to be the world's tallest, towering 380 metres above the landscape. After you catch your breath, take a few minutes to admire the eerie Deadvlei, where dead trees — some believed to be more than 900 years old — stand silent against the sun-scorched clay landscape.

Exploring the coast

Located on the Atlantic coast, Swakopmund is the breezy beach resort where Angelina Jolie gave birth to her and Brad Pitt's first biological child. While the city offers a few blocks of worthwhile shopping, tourists are mostly here to enjoy the adventures in the nearby countryside.

Thrill seekers can hop on a four-wheeled motorbike and zoom over the boundless expanse of shifting sand dunes. You can spend hours zigzagging through the world's largest sandbox. A quick drive to the south of Swakopmund is Walvis Bay Harbour, where you can hop on a boat trip along the coast. The yachts are chased by enthusiastic pelicans as they make their way to the massive Cape fur seal colony in the region. If you're lucky you'll also spot a few dolphins.

Safari thrills at Etosha National Park

If you want to enjoy the thrill of a quintessential African safari, you will want to add Namibia's crown jewel, Etosha National Park, to your itinerary. Etosha's watering holes, scattered throughout the park's 22,000 square kilometres, are the gathering place for a number of exotic animals, with an estimated 300 lions, 200 rhinos, 2,000 giraffes and 1,500 elephants that call the park home.

A common sight are the dainty springbok. It's estimated more than 30,000 of these brown and white antelope-gazelles can be found prancing about in enormous herds through the park.

About Namibia

Namibia derives its name from the Namib Desert. It stretches 2,000 kilometres from the Orange River in the south to the Kunene in the north. While Namibia is four times the size of the U.K., it is the most sparsely populated country in the world. In the 1800s, Germany used the port town of Swakopmund as its main harbour while colonizing southwest Africa. Namibia's connection to Germany is still present: Air Namibia flies visitors to Windhoek through Frankfurt. Visit airnamibia.aero.

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Get into the Olympic spirit at Whistler

Lots of legacy. The Vancouver Games left behind a host of great venues — now open to tourists looking for a taste of Olympic glory

ON THE MOVE
Loren Christie
life@metronews.ca

Slide the same track that the 2010 Olympians zoomed down at the Whistler Sliding Centre. BC LIVING/FLICKR

With the 2014 Sochi Olympic Games upon us, Whistler — proud co-host of the 2010 Games — is keeping its Olympic legacy alive and well by allowing tourists to follow in the tracks of champions.

The skeleton course at the Whistler Sliding Centre is the fastest and steepest track in the world. I recently took the head first plunge down the icy track; in the final bend my speed clocked in at 95.6 kilometres an hour. It took me 31 seconds to complete, just enough time to be exhilarated and terrified in the same breath. If you are more comfortable with strength in numbers, you can also try out the bobsled in groups of four. Both experiences will cost you $169 plus tax.

The mountains of Whistler Blackcomb offer more than 8,000 acres of skiable terrain, but skiers and boarders shouldn't miss the official alpine venue. The Dave Murray Downhill and Franz's runs on Whistler Mountain were part of both the men and women's alpine events during the 2010 Winter Games. Anyone with a lift ticket can follow in the athletes' tracks; their speeds may be harder to replicate. There are numerous packages available which will save you some money, but count on roughly $100 a day for lift tickets.

Those interested in Nordic skiing are welcome to check out Whistler Olympic Park. The 56 kilometres of public ski trails are groomed for both skate and classical skiers, and range from beginner to bona fide Olympic levels. Entry to the park is $10. With the guidance of an instructor, you can also try your hand at biathlon using a .22 calibre rifle. After doing a skate ski loop, you are given five rounds to fire at a target. Be warned that after some cardio excursion and fresh mountain air, the steady hand and even breathing required to be a straight shooter do not come easily.

For those who prefer to follow in the athletes' footsteps without breaking a sweat, check out Whistler Olympic Plaza. Once the medal ceremonies were finished, the space was converted into an outdoor performance space featuring art celebrating the Games and an outdoor skating rink in the winter months. You can also spend the night in Cheakamus Crossing, site of the Athletes Village, by getting a room in the Hostelling International hostel. Once home to the athletes, it's been converted into an extremely affordable 55-bed hostel.

Bucket List

Swiss Alps can revive the spirit

Weggis, a little town just across the river from Lucerne, Switzerland, is your springboard to 1,800-metre Mount Rigi in the pre-Alps. The town is enjoying a resurgence of its former status as a spa playground in the 1940s, though it's been known for its healing waters since the 16th century (Queen Victoria and Mark Twain were both big fans). Leading the revival is the Rigi Kaltbad Mineral Baths & Spa, built into the mountain. But don't stop there: Head to the very top of the mountain via cogwheel railway to Rigi Kulm and drink in the view, winter or summer. Visit luzern.com/en/rigi.

DOUG WALLACE/METRO

Contest

Show our athletes love

Air Canada is hosting a Rise Up Canada contest, where you can enter to win one of four $500 Air Canada gift cards. With each entry, Canadians increase the value of the gift cards given to all 250 Canadian Olympic athletes. The grand prize is a trip for two to the Summer Games in Rio. Visit riseupcanada.ca.

DOUG WALLACE/METRO

Trend

Ski trip GPS

High tech ski resorts offer GPS systems that not only keep track of your kids, but also your skiing, too. Manage the day's data yourself with a tracking app. Ski Tracks GPS is the most popular, logging distance, speed, altitude, slope angles and more. $0.99 at iTunes and Google Play.

DOUG WALLACE/METRO

How-to

Keep travel expenses down

1. Select the red-eye flight to shave a night — or two — off the hotel bill. 2. Skip the expensive hotel laundry service and Google your nearest laundromat instead. (Bonus: You can pack lighter.) 3. Negotiate a travel plan for your mobile phone. 4. Never ever touch the mini bar. BYOB — just not in your carry-on, please.

DOUG WALLACE/METRO

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Seeking out a field with a focus?

Study up on the specific. Check out six Aboriginal-focused post-secondary programs in Canada

ROSIE HALES
TalentEgg.ca

Picking the right post-secondary program can be a difficult task: you need to choose something you enjoy that will also complement the career path you want to take.

Exploring the different options can be really exciting, especially when Canada has so many fantastic options for post-secondary education.

Here are a few programs at different institutions throughout Canada that offer programs with an Aboriginal focus for you to check out.

Alberta

Place: Keyano College
Program: Aboriginal Entrepreneurship

This program was designed to allow individuals working in the Aboriginal business industry to acquire business skills and knowledge without having to relocate to study.

Not only does the program foster success, but it promotes business in both the Aboriginal sector and non-Aboriginal sector. If you've got an Alberta high school diploma or the equivalent or you're a mature student of 21 years or older, then you should definitely take the time to apply. Being an entrepreneur is a great way to be self-employed and exercise your own creativity by creating the job you want.

What can I do with this degree?

Become an entrepreneur. You'll be able to create the job you want in the industry you want — sounds perfect, right? Becoming an entrepreneur will give you all the freedom you want and the chance to take responsibility for something of your own creation — a totally rewarding and exciting endeavour.

Nova Scotia

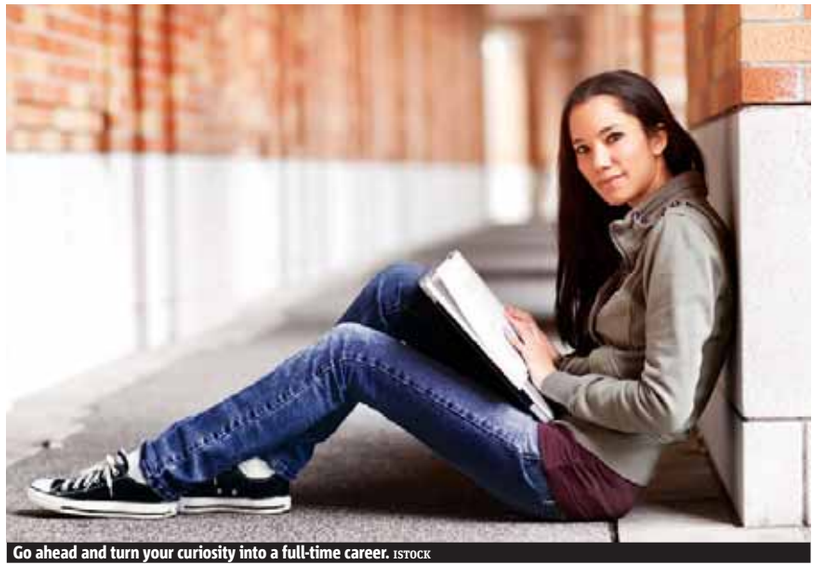
Place: Cape Breton University, cbu.ca
Program: Bachelor of Science Community Studies, Integrative Science

Not to be confused with integrated science, integrative science is the bringing together of scientific knowledges from the indigenous and Western worlds. This is known as Toqwa'tu'kl Kjijitaqnn in the Mi'kmaq language and as "Two-Eyed Seeing" in the words of Mi'kmaw Elder Albert Marshall.

This program allows students to learn to see from the strengths of both indigenous and mainstream scientific knowledge and to use this knowledge to benefit others. Opportunities to learn don't just come from the classroom in this program; soon you'll be learning in labs, outdoors, community workshops and work placements.

What can I do with this degree?

- A career in health care (for example, medical careers such as a doctor, naturopath, dietitian)
- Scientific research
- A career in the Canadian government



Go ahead and turn your curiosity into a full-time career. ISTOCK

Nunavut

Place: Nunavut Arctic College
Program: Inuit Studies Certificate

This program will provide with the opportunities to explore the historical, cultural and contemporary situation of the Inuit. By studying their social, economic and political history, you'll have a better awareness of the aspects of Inuit culture and language. If you're a mature student or hold your Grade 12 high school diploma (or equivalent) then you're all set to apply.

What can I do with this degree?

You can either use this certificate as an additional qualification to your post-secondary education, or you could use it on its own to get a job in a range of many sectors. Here are a few to whet your appetite:

- Teacher or university professor
- Social worker
- Writer

Ontario

Place: Wilfrid Laurier University
Program: Master of Social Work in Aboriginal Field of Study

This is the first Master of Social Work program in Canada that is rooted in indigenous world views and combines this with current social work practice. Upon graduating from this program, you'll have a greater understanding and respect for the traditions and histories of indigenous Canadians.

You'll gain firsthand knowledge and experience through teachings from indigenous elders, being involved in a traditional circle process, as well as attending indigenous ceremonies.

What can I do with this degree?

* Social worker
* Journalism
* Outreach program developer

Saskatchewan

Place: First Nations University of Canada
Program: Indian Communication Arts

Calling all budding communication professionals — if you'd like to work in either Aboriginal-specific or mainstream media, public relations or multimedia then this is the program for you. This two-year certificate program may feature courses in Aboriginal history, politics, research, management, past and present communication systems and more. If you're a student in this program then you'll get the chance to participate in a summer institutes for hands-on instruction and internships to help you gain work experience.

What can I do with this degree?

- Communications professional
- Public relations specialist
- Journalist

Yukon

Place: Yukon College Program: Native Language Instructor Certificate or Diploma

- If you have command of a native language, then why not consider teaching it? You'll get to work with children and young adults. This program involves practice sessions, group discussions and other activities to develop your teaching skills. Language is a key foundation of a culture, so teaching one is important for transmitting cultural knowledge to future generations.
- **What can I do with this degree?**
- Teacher
- Translator or communicator
- Linguist

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There's major money to be made use of

From cash to career.
A handful of egg-cellent scholarships for Aboriginal students

ROSIE HALES
TalentEgg.ca

Funding opportunities are always worth checking out, as there may be scholarships that were designed for specific schools and specific programs that will fit your needs exactly. ISTOCK

In the excitement of applying for post-secondary education, it's easy to focus all of your attention on admission forms and applications — and end up neglecting some very valuable funding opportunities. When it comes to post-secondary scholarships, it's all about knowing where to look. Here are some great examples.

Aboriginal Studies

Tommy Prince Award for Native Studies
Provided by the Assembly of First Nations, this $2,000 award is intended for students who have completed one year of Aboriginal studies (and other similarly-named programs) and demonstrated academic excellence. If you're involved in and are committed to extra-curricular activities then this is the award for you.

Agriculture

Ralph and Isabel Steinhauer Scholarship
Planning on attending the University of Alberta for agriculture (or animal sciences, hotel industry and tourism, earth sciences and natural resources)? There's one $2,000 scholarship up for grabs that will be awarded on the basis of financial need and high academic achievement.

Arts

Lorne Joseph Simon Prize
This $1,000 bursary is awarded every year to the full-time First Nations student on the Fredericton campus of the University of New Brunswick who is deemed the most promising writer. Definitely worth checking out if you're a fan of putting pen to paper (or fingers to keyboard).

Business and Administration

Bessie Silcox Scholarship for Dene Students
If you're a Dene student studying business and administration, social services or education and would like to receive $500 towards an education that will help you hatch a career that will be of service to the citizens of Denendeh then you should consider applying for this scholarship. You can do this by sending a letter with your name, address, name of home community and name of school you're attending (along with proof of registration). You should also include a letter of support from your chief, councillor or other suitable figure and a second letter of support from an academic contact.

Engineering and Natural Sciences

Ralph and Isabel Steinhauer Scholarship
Aboriginal Ambassadors in the Natural Sciences and Engineering Supplement Program. Calling all engineers — these three awards are worth up to $5,000 and are intended for undergraduate, graduate and post-doctoral students. You must be willing to visit Aboriginal schools and communities to share your experiences and help promote science and engineering.

Environmental Studies

Ted Parnell Memorial Scholarship
The Yukon Conservation Society wants to give $500 to any full-time student entering an environmental studies course in the Yukon. Sound like you? Check it out.

Marketing

CN Gold Medal Scholarship
The University of Northern British Columbia is offering one $2,500 award to students in marketing (or economics and statistics, management, and transportation!). You must be a resident of Northern B.C. and have completed 60 credits.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Professional development

The Aboriginal Student Awards Program (ASAP).

- Offering 10 scholarships of up to $4,000 a year for two to four years, this student awards program from RBC supports Aboriginal youth in completing a post-secondary education program. RBC also considers scholarship recipients with an interest in financial services for summer or post-graduate employment — meaning there's career-hatching potential here.

#QuestionoftheDay

@TalentEgg: Cold weather can be pretty discouraging! What's the best way to stay motivated during a winter job search?

@ishaninath
use the cold weather to get cosy and get to work on optimizing your online presence. Make your @Google results shine! #job-advice

@amreenazam
Communicate with professionals and students in your dream job - sharing your passion with one another can increase motivation

@RaoulChopra
Create a plan with alternatives and a contingency. It will keep you motivated and focused on your goal!

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Spoil your sweetie with white chocolate decadence

Sweet Week. Midway through Metro's Valentine's Day treats series, we indulge in a sophisticated cake

To be classified as chocolate, white chocolate has to have at least 20 per cent cocoa butter. This cake has a secret ingredient, with white chocolate in both the cake and frosting.

1. Cake: Coat a 15-cm (6-inch) cake pan with non-stick cooking spray and lightly flour. Line bottom of pan with parchment, then spray and flour again.

2. In heatproof bowl, melt white chocolate in microwave for 15 seconds, then stir. Repeat until half chocolate is melted.

3. In a large bowl, combine flour, sugar, salt, baking soda, buttermilk and butter. Mix on low speed with electric mixer until all dry ingredients are completely moistened. Stir in melted chocolate.

4. In a clean, dry bowl, beat egg whites and vanilla until stiff peaks form. Gently fold batter into egg whites. Spread evenly in cake pan. Tap on counter to remove any air bubbles.

5. Bake in a 180 C (350 F) oven for 20 to 30 minutes or until toothpick comes out clean (cake does not develop a typical outside skin). Let cool in pan on a rack, then remove from pan.

6. Frosting: In heatproof bowl, melt white chocolate in microwave for 15 seconds, then stir. Repeat until half the chocolate is melted. In a large bowl, beat softened cream cheese until smooth. Gradually beat in melted chocolate. Add butter and vanilla and blend thoroughly until smooth. Ice cooled cake.

7. Top with dark chocolate shavings and maraschino cherries.

THE CANADIAN PRESS/ GARY MITCHELL, HEAD CHOCOLATIER, PURDYS CHOCOLATIER, VANCOUVER.

Ingredients

Cake
- 85 g (3 oz) white chocolate, chopped
- 300 ml (1 1/4 cups) flour
- 175 ml (3/4 cup) sugar
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) baking soda
- 75 ml (1/3 cup) buttermilk
- 50 ml (1/4 cup) butter, softened
- 4 large egg whites
- 5 ml (1 tsp) vanilla

White Chocolate Frosting
- 125 g (4 oz) white chocolate, chopped
- 125 ml (1/2 cup) cream cheese, softened
- 125 ml (1/2 cup) butter, softened
- 5 ml (1 tsp) vanilla

Topping
- 50 g (1 3/4 oz) dark chocolate shavings
- Maraschino cherries

This recipe makes one single-layer cake. THE CANADIAN PRESS

This recipe yields 175 mL (3/4 cup) of chocolate sauce. EMILY RICHARDS

Take the chocolate dip plunge

DINNER EXPRESS
Emily Richards
food@metronews.ca

Valentine's Day is a time to share with family and friends.

Many of our friends have children so we want the kids to have fun with us, too.

Getting them involved in food preparation — whether it's for dinner or dessert — is a positive experience.

For this recipe, get the kids to help create small skewers of fruit to have with the chocolate sauce.

Inspire them to create their own combinations and enjoy each bite.

Have small bowls for the kids to dip into or spoon out some of the sauce on their plates to enjoy without double dipping!

For an added treat, look for the origins of the cocoa that makes the chocolate.

Examples of popular locations include Venezuela, Cuba, Ecuador and Mexico. Because every country has its own unique terroir, each chocolate varies in intensity of flavour. Similarly, the higher the percentage of cocoa that is present, the deeper or stronger the taste.

The sauce is as delicious drizzled over the fruit and enjoyed with a fork as well.

1. Pierce fruit onto small skewers alternating fruit.

2. In small saucepan, heat milk over medium heat until steaming. Whisk in chocolate and vanilla until chocolate is melted and smooth. Serve with fruit.

Ingredients
- 16 skewers
- 8 fresh strawberries, halved
- 20 large fresh raspberries or blueberries
- 2 bananas, peeled and cut into 8 pieces each

Dark Chocolate Dipping Sauce
- 125 ml (1/2 cup) milk
- 125 g (4 oz) bittersweet chocolate, finely chopped
- 2 ml (1/2 tsp) vanilla

CONTRIBUTED

TIME FOR A FROSTY WINTERBREWED PINT

WinterBrewed — that fun, cheeky play on Ottawa's iconic winter festival Winterlude — is set for a second year of sudsy merriment Friday through to Sunday.

Organizers are expecting big crowds this year following the wild success of WinterBrewed in 2013, the inaugural year of the festival in which 12,000 participated in the outdoor event that spilled onto two blocks along Sparks Street despite near-Arctic cold.

"We had such success because Ottawa has a great love of beer and adventure," says JP Fournier, founder and president of the festival. "People like getting their bragging rights and being able to say I'm Canadian and I can sit outside in –40 degree weather and drink a beer."

This year's WinterBrewed promises to be warmer thanks to its venue at Fifth Avenue Court and Arrow & Loon Pub. The event kicks off on Valentine's Day with a beer and chocolate pairing. Beer lovers can pick from three different sessions on Saturday and Sunday in which samples of craft brews from new and old breweries will be available.

On tap will be 14 brewers, including Muskoka Brewery, Mill St. Brewery, Beyond the Pale Brewing Company and Flying Monkeys Craft Brewery.

WinterBrewed is an opportunity for brew enthusiasts to try different brews and for the uninitiated to give high-quality craft beers a serious try, says Fournier, a longtime craft beer fan.

One thing is for sure, he doesn't want festival goers to think his event is for beer snobs.

"You don't need to be a beer connoisseur to come to the festival and have fun," Fournier says. "I see it as a great venue for both beer geeks like me and those who'd like to learn more."

CLOCKTOWER OFFERS ACCESSIBLE TASTES

Think of the Clocktower Brew Pub as the Dumbeldore of Ottawa beer makers.

With 17 years under its belt, this wizardly brewer is a headmaster of sorts among brew pubs in the capital city. Its pints can be described as innovative but accessible. Less beer geek, more craft enthusiast.

"With the recent explosion of microbreweries pushing the envelope with hoppiness and other innovations, we wanted to maintain a level of accessibility for those who enjoy beer but are not ready for the more extreme versions," says Clocktower head brewer Patrick Fiori.

Over the years, Clocktower has seen a definite uptick in new players entering the brewery game, a trend this experienced brewmaster actually, and perhaps surprisingly, welcomes.

"When you don't have a lot of competition, there's not much impetus for change," Fiori says. "So every time we see a new player there is a chance to re-evaluate and adapt, and I think we've definitely grown stronger as a result."

With one brewery and three neighbourhood pubs, Clocktower offers a year-round lineup of five main beers — a German blonde named Kolsch, a raspberry wheat, a Bytown brown, a red, and a standard bitter called Wisharts, in addition to a barrage of seasonal brews. In addition to menus featuring classic pub fare, Clocktower also has a retail shop for its beer products.

CLOCKTOWER
BREW PUB

CONTRIBUTED

CONTRIBUTED

BREW DONKEY CONNECTS CRAFT BEER DRINKERS

DELIVERY SERVICE

Being called a donkey could come across as an insult, but not for Brad Campeau, founder of Brew Donkey, who saw a new way to connect craft beer drinkers. A friendly offer to help carry beer while travelling in Spain led to Ottawa's first craft beer-focused liquor delivery service, which launched last November to rave reviews.

Customers make their orders a minimum of 48 hours in advance using Brew Donkey's easy-to-navigate online ordering system to choose from a wide variety of craft beers like Ashton Brown, Cassel Brewery and more, with the ability to mix and match from all breweries it services. You can even add gourmet snacks like peanut brittle to munch.

Brew Donkey's passion for educating and promoting craft beer extends to its bimonthly brewery tours that include bus transportation for you and your purchases in a safe and entertaining outing. For a fun weekend outing or a special occasion, you can sign up for a private brewery tour for your next bachelor, bachelorette or landmark birthday party.

An added bonus is that Brew Donkey is happy to return the empties for you and put the deposit towards your next craft beer purchase.

For more information, or to place your order, visit brewdonkey.ca.

OTTAWA'S ORIGINAL
CLOCKTOWER
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TURTLE ISLAND HAS HEART AND SOUL

It makes sense that Turtle Island Brewing Co. got its name from an old Ojibwa legend about the Earth's creation.

The year-old Ottawa premium craft beer maker needed a name that matched its heart and soul, which, according to founder JP Fournier, is gentle, thought-provoking and destined for prominence.

"The root of the Turtle Island story is about a group of individuals who share a similar passion to do great things," Fournier says. "WinterBrewed and Turtle Island are born out of commitment, passion and a drive to do just that."

Fournier said he took his time getting his brewery up and running because he wanted Turtle Island drinkers to become intimately acquainted with his products. Getting to know his customers is important and Fournier intends to continue that "face time" by doing more in the way of community and industry events that let him get to know potential customers up close and personal.

CONTRIBUTED

Turtle Island brews have been on tap in Ottawa and Kingston and are slated for pubs and restaurants in Toronto and Kitchener-Waterloo.

Beers include Fournier's favourite, a dark, honey brown ale that is easy drinking despite its 7.4 per cent alcohol content. For a little lower octane at 6.7 per cent, there is Smash Cherry Ale, which is finished with Montmorency cherries, making it less sweet than your typical fruit beer.

VISIT BROUE HA HA FOR AN ECLECTIC SELECTION

Craft beer fans know that breweries from Quebec are producing excellent brews and some even have an international reputation. With more than 300 beers to choose from, the boutique BROUE HA HA, located in Gatineau, is able to offer more than you would find at your regular liquor store.

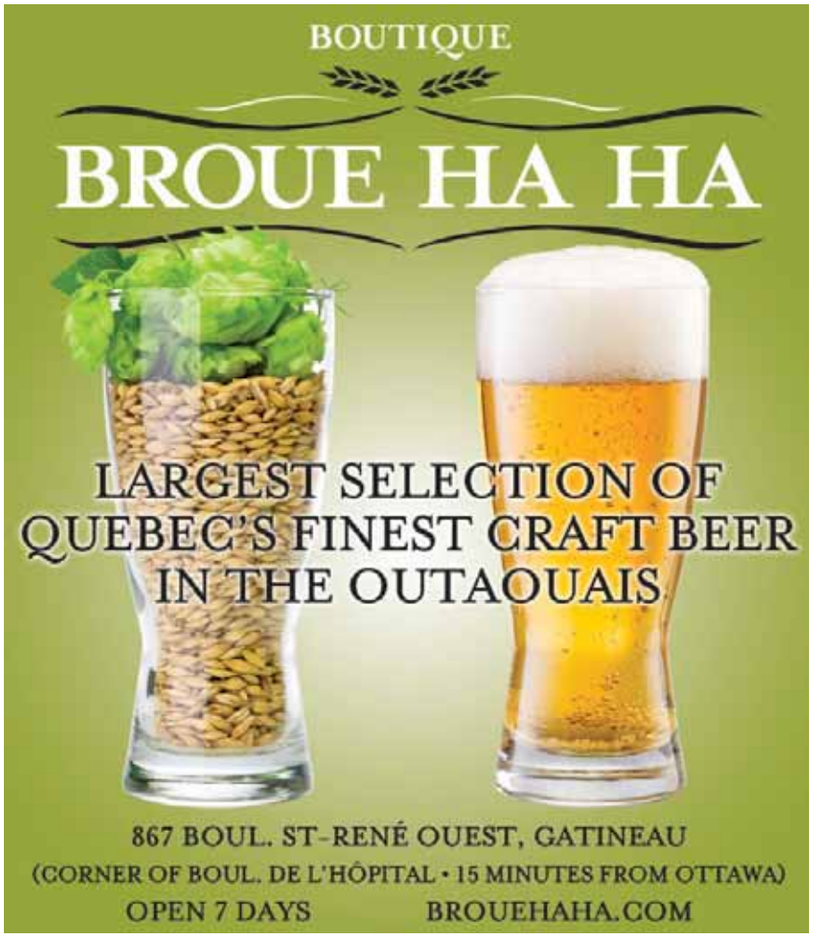
Craft beer enthusiasts have an insatiable desire to try something new and BROUE HA HA offers tastings every Saturday from 1-5 p.m. BROUE HA HA receives new beer selections and some seasonal varieties every two weeks. So if you are looking for something more hoppy or are trying dark stouts for the first time, BROUE HA HA can help match beers to your taste.

If you are having a private party or want an informed guide, BROUE HA HA offers home beer tastings where a staff member will go to your house and offer six different beers to taste. Or you can choose the option of pairing beer and food that includes six different beers, cheeses, sausages, and locally made chocolate.

CONTRIBUTED

For a thoughtful gift for the craft beer fan in your life, BROUE HA HA also sells beautiful gift baskets and gift cards for any occasion.

For more, visit BROUEHAHA.COM.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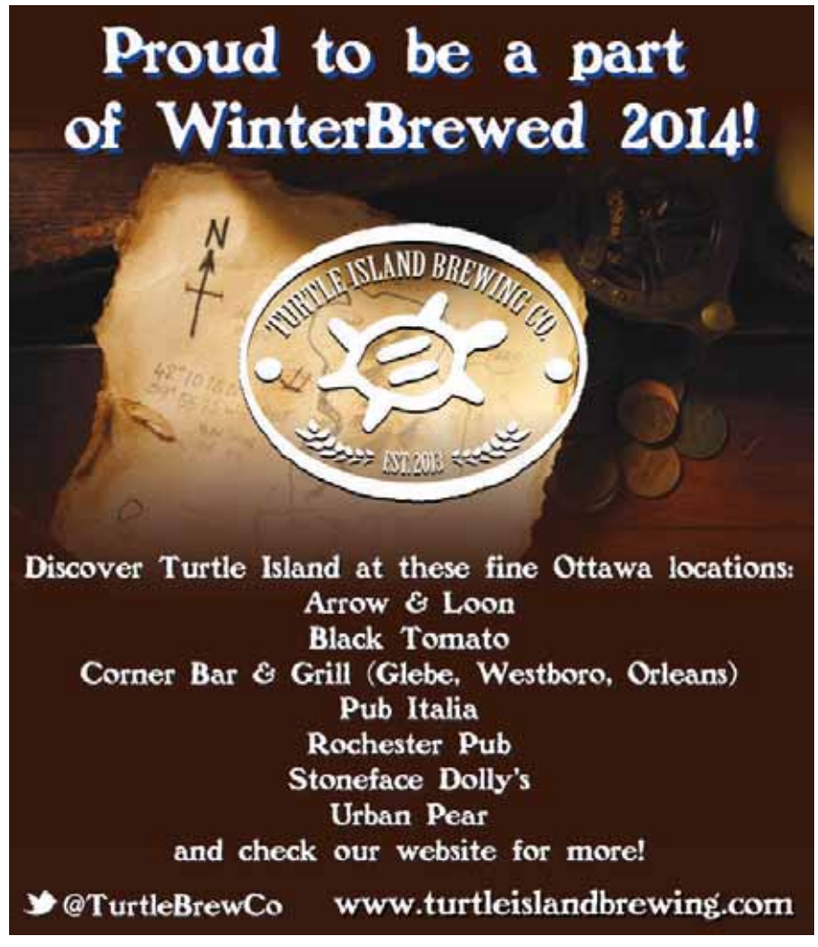

BEAU'S MAKES BEER INTERESTING

FEBREWARY IS A MONTH-LONG CELEBRATION

CONTRIBUTED

When water turns to ice, and the days get shorter, Canadians like to chase away the winter blues with the enveloping warmth of a tipple or two.

That's why Beau's All Natural Brewing came up with feBREWary, a month-long craft beer celebration that the eastern Ontario craft brewery started in 2013.

"This was really a boring time of year for beer," says Steve Beauchesne, co-founder of Beau's. "We didn't want to hole up until the snow melted, so we decided let's go crazy and put out seven beers in five weeks instead. Last year people enjoyed us going full tilt at a time of year when the beer world is typically static. There was definitely a need."

This year, more than 105 restaurants and pubs across Ontario are tapping a new Beau's beer every week in feBREWary. Approximately 35 are in the Ottawa region.

The new beers are part of Beau's Wild Oats Series, created to introduce new and unusual ingredients that challenge perceptions about craft beer. The uniquely tasty lineup includes a chocolate, hemp seed and marshmallow stout, and an espresso-infused pilsner.

"We like to be innovators when it comes to our Wild Oats recipes," Beauchesne says. "There are so many fun ways to make beer interesting and tasty."

Beau's feBREWary celebrations continue throughout the month, with new beers being tapped each Thursday at participating restaurants and pubs.

Beau's is also hosting themed release parties each Saturday at the brewery in Vankleek Hill, about 50 minutes east of Ottawa. Feb. 15 features beer-themed Winter Games, Feb. 22 is a foodie extravaganza with guest chef Bruce Wood, and the month wraps up March 1 with a hot tub beach party on the patio.

For more information about feBREWary and a list of participating restaurants, please visit beaus.ca/feBREWary.

BY THE NUMBERS

- Seven beer releases in five weeks.
- Second annual event, last year featured 40 participants.
- Total of 105 participating restaurants and pubs in 28 towns and cities across Ontario
- 35 participants in Ottawa and surrounding areas, including The Black Tomato, Two Six Ate, Elmdale Oysterhouse, Darcy McGee's (Sparks Street), Town, Wellington Gastropub and Hintonburg Public House.

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VISIT BEAUS.CA/FEBREWARY FOR MORE INFO!

Howell-in' for you

Slopestyle skiing. Huntsville, Ont., skier wins gold on strength of dominant first run in final; Quebec's Lamarre claims bronze

On a day when ski slopestyle queen Kaya Turski crashed out after being laid low by a virus, fellow Canadian Dara Howell stepped up and threw down a memorable run.

The dominant performance earned the bubbly 19-year-old from Huntsville, Ont., gold in the inaugural Olympic ski slopestyle competition Tuesday. Quebec City's Kim Lamarre nailed her final run to claim bronze behind American Devin Logan and complete a day of thrills and spills at Rosa Khutor Extreme Park.

Slopestyle is Don Cherry's kind of Olympic sport — rock 'em, sock 'em on skis. It is high-risk, high-reward stuff, combining eye-popping tricks with stomach-cringing crashes.

Turski showed amazing grit in popping her shoulder back on the course after her first fall. And sixth-place Yuki Tsubota of Whistler, B.C., was stretchered off the course and taken to hospital with a suspected jaw injury from a tumbling crash-landing of truly Olympic proportions.

But the day belonged to Howell and her exclamation-point first run in the final.

"At this point in time I think it's one of the most exceptional runs that's ever been done by a girl," said Peter Judge, CEO of the Canadian Freestyle Ski Association and the Canadian freestyle team leader. "Not only the execution of each of the tricks but the overall cleanliness and flow of the tricks, the DD (degree of difficulty). (In) almost every piece of it, she excelled."

Howell's winning run earned a score of 94.20, well ahead of Logan (85.40) and Lamarre (85.00), with the teenager nailing the switch misty mute nine jump (an off-axis full twisting flip) that only she does on the women's circuit.

"I think that's the best run I've ever done in my entire life," said an ecstatic Howell, who was cheered on by a vocal, red-clad pod of family including her parents.

The medal for Lamarre, whose grandmother Ginette Seguin competed in alpine skiing at the 1956 Olympics in Cortina d'Ampezzo, follows a string of knee injuries and surgeries that forced her off the national team for a while.

"I feel like I'm still dreaming," she said.

"This is surreal. I feel so good right now. Very proud of myself."

Men's slopestyle ski goes Thursday. THE CANADIAN PRESS

Quoted

"The course just worked for me today. I could not be happier." Dara Howell

Canada's Dara Howell celebrates after winning the gold medal in women's freestyle skiing slopestyle at the Rosa Khutor Extreme Park on Tuesday in Krasnaya Polyana, Russia. ANDY WONG/THE CANADIAN PRESS

Taking a lickin', but still kickin'

Japan's Chiho Takao needed to be helped off the course at the bottom after crashing in the first qualifying run. Sweden's Emma Dahlström also took a nasty tumble, catching her ski on a rail before hitting it hard with her body and sliding off.

- Amazingly both took their beating and came back for more in a sport that will definitely leave a bruise. Ironically the only mark Howell had was two stitches on her nose, courtesy of knocking over a lamp in her room at the athletes village.

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Around Sochi

Fleur-de-lis flurry

Quebec athletes continue to lead the way for Canada in Sochi, with Kim Lamarre's bronze in slopestyle skiing giving the province six of Canada's nine medals. And there's likely more to come, with Charles Hamelin among those looking to up the sum.

Gough just misses

Alex Gough produced the best Canadian Olympic result ever in luge, but don't expect the Calgary slider to be satisfied. Gough was tearful after racing to a fourth-place as Canada still looks for its first Olympic medal in luge.

McDreamy

According to Twitter statistics over a recent 24-hour period, Canada's first medallist is a hearthrob on social media. An image of snowboarder Mark McMorris was the most retweeted globally with more than 16,000 retweets and some 30,000 favourites.

No period of grace for Canada

Men's hockey. Players put past insurance adversity behind them as they fast forward to their opening game

Patrick Sharp wore hockey gloves, held a hockey stick but didn't have hockey skates on his feet.

Sneakers replaced those for ball hockey walk-throughs at Canada's Olympic orientation camp in August because players weren't insured to skate.

At one time Sharp wondered about the absurdity of the situation.

"You kind of think to yourself, 'Is this really going to pay off come February?' And it does," Sharp said, now with the benefit of hindsight. "Since we've been here, things are happening quick and it seems like we're picking up where we left off in the summertime."

What was a punchline back then in retrospect became one step of Team Canada's journey to Sochi. Only now, after a couple of days of practice at Bolshoy Ice Dome, are players seeing the fruits of that exercise as they prepare to open the Olympic tournament Thursday against Norway.

"We did some drills today that were a little bit of evolution of that," forward John Tavares said. "Just some very basic things in the summer, then you kind of just (get a) refresher and obviously a little bit more intense once your on the ice."

Tuesday's practice was much more reminiscent of an actual NHL workout than the brief skate Canada got in Monday night several hours after landing.

With only a limited amount of time to turn 25 stars into a team before the games begin, coaches turned immediately to drilling on systems and special teams.

The players are finally able to concentrate on the task at hand in Sochi. For a long time they had to put the Olympics out of mind and worry about their own NHL teams and their own problems.

A night's sleep in the athletes village and a hard-working, hard-learning practice got players into a groove.

"You've got to kind of stop your thinking that, 'Hey, there's Sidney Crosby from the Penguins' and (start thinking) 'That's Sidney Crosby from Team Canada,"' Sharp said. "That's the team we're playing for now. We're all together. I think we feel that way now, already in Day Two."

THE CANADIAN PRESS

Team Canada goalies Carey Price and Roberto Luongo talk during practice at the Sochi Winter Olympics on Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

Women's hockey

Canada faces its arch-rival the United States in their final preliminary round game on Wednesday.

- **Semifinal bound.** Both teams locked up spots in the final four after 2-0 starts.
- **Not holding back.** Players and coaches on both teams insist they won't keep strategy or anything under wraps despite a possible rematch in the medal round

Curling. Jones, Canada triumph over Sweden

Skip Jennifer Jones curled a perfect game on Tuesday as Canada remained undefeated in round-robin play after a 9-3 victory in eight ends over Sweden in the women's curling tournament at the Sochi Winter Games.

The Winnipeg native made all 16 of her shots as the Canadians got on the board first with two in the second end, and followed that with two more apiece in the fourth and sixth ends. Jones sealed the victory with three in the eighth.

"I never look at the stats, but I felt like we played really well as a team today," said Jones. "The girls just left me some makeable shots and I made them."

Margaretha Sigfridsson and her Swedish rink (1-1) took singles in the third, fifth, and seventh ends.

"We played a good game," Sigfridsson said, "but that is not enough when you play a team that is playing perfect."

The Canadian rink was pleased its perfect record two days into the tournament.

Canada faces Great Britain in its next match on Wednesday. THE CANADIAN PRESS

Canadian skip Jennifer Jones
THE ASSOCIATED PRESS

Men suffer meltdown

Brad Jacobs and Canada lost their second game in a row falling 7-6 to Sweden on Tuesday.

- **Swede Victory.** Skip Niklas Edin won it on the final throw of the match
- **Ohh Canada.** Our team from Sault Ste. Marie fell to 1-2 including Monday's 5-4 upset by Switzerland. Sweden improved to 3-0.

MEDALS

Nation	G	S	B	Tot.
Norway	4	3	4	11
Canada	**4**	**3**	**2**	**9**
Netherlands	3	2	3	8
United States of America	2	1	4	7
Russian Federation	1	3	3	7

WHAT CANADA DID

TUESDAY

BIATHLON

Women's 10 km Pursuit - Zina Kocher, Red Deer, Alta., 25th, (32 minutes, 15.1 seconds, +2 minutes, 44.4 seconds); Megan Imrie, Falcon Lake, Man., 28th, (32:22.7); Rosanna Crawford, Canmore, Alta., 45th, (34:15.6); Megan Heinicke, Prince George, B.C., DNF.

CROSS-COUNTRY SKIING

Ladies' Sprint Free Qualification - x-Perianne Jones, Almonte, Ont., 23rd, (two minutes 38.63 seconds, +6.56 seconds); x-Daria Gaiazova, Banff, Alta., 27th, (2:40.04); Heidi Widmer, Banff, Alta., 43rd, (2:43.36); Chandra Crawford, Canmore, Alta., 44th, (2:43.59).

x- qualified for quarter-final

Ladies' Sprint Free Quarter-finals - Heat 2: Daria Gaiazova, Banff, Alta., 5th, (two minutes 40.45 seconds, +3.44 seconds); **Heat 5:** Perianne Jones, Almonte, Ont., 5th, (2:38.66, +3.79 seconds)

Ladies's Sprint Free Final Ranking: Perianne Jones, Almonte, Ont., 23rd; Daria Gaiazova, Banff, Alta., 25th; Heidi Widmer, Banff, Alta., 43rd; Chandra Crawford, Canmore, Alta., 44th.

Men's Sprint Free Qualification - x-Alex Harvey, St-Ferreol-les-neiges, Que., 19th, (three minutes, 36.08 seconds, +7.73 seconds); Len Valjas, Toronto, 36th, (3:39.87); Jesse Cockney, Canmore, Alta., 53rd, (3:44.36); Devon Kershaw, Sudbury, Ont., 56th, (3:45.77)

x- qualified for quarter-final

Men's Sprint Free Quarter-finals - Heat 4: Alex Harvey, St-Ferreol-les-neiges, Que., 4th, (three minutes, 37.89 minutes, +1.75 seconds).

Men's Sprint Free Final Ranking: Alex Harvey, St-Ferreol-les-neiges, Que., 19th; Len Valjas, Toronto, 36th; Jesse Cockney, Canmore, Alta., 53rd; Devon Kershaw, Sudbury, Ont., 56th

CURLING

Women's Round Robin - Canada 9 Sweden 3

Men's Round Robin - Sweden 7 Canada 6

FIGURE SKATING

Pairs Short Program - x-Meagan Duhamel (Lively, Ont.) and Eric Radford (Balmertown, Ont.), 5th, (72.21); x-Kirsten Moore-Towers (St. Catharines, Ont.) and Dylan Moscovitch (Toronto), 6th, (70.92); x-Paige Lawrence (Kennedy, Sask.) and Rudi Swiegers (Kipling, Sask.), 13th, (58.97).

x- qualified for the Free Program on Feb. 12.

FREESTYLE SKIING

Ladies' Ski Slopestyle Qualification - x-Dara Howell, Huntsville, Ont., 1st, (88.80); x-Kim Lamarre, Quebec City, 2nd, (85.40); x-Yuki Tsubota, Whistler, B.C., 4th, (81.00); Kaya Turski, Montreal, 19th, (28.00).

x- qualified for final

Ladies' Ski Slopestyle Final - Dara Howell, Huntsville, Ont., **Gold Medal**, (94.20); Kim Lamarre, Quebec City, **Bronze Medal**, (85.00); Yuki Tsubota, Whistler, B.C., 6th, (71.60).

LUGE

Women's Singles Run 3 - Alex Gough, Calgary, 4th, (50.286 seconds, +0.521); Kimberley McRae, Calgary, 5th, (50.356); Arianne Jones, Calgary, 11th (50.745).

Women's Singles Run 4 - Alex Gough, Calgary, 5th, (50.426 seconds, +0.237); Kimberley McRae, Calgary, 5th, (50.620); Arianne Jones, Calgary, 10th (50.608).

Women's Singles Final Ranking: Alex Gough, Calgary, 4th, (three minutes, 21.578 seconds, +1.81 seconds); Kimberley McRae, Calgary, 5th, (3:21.895); Arianne Jones, Calgary, 13th, (3:23.183).

SKI JUMPING

Ladies' Normal Hill Individual 1st Round - Taylor Henrich, Calgary, 7th, (118.2 points); Atsuko Tanaka, Calgary, 8th, (117.8 points).

Ladies' Normal Hill Individual Final Round - Atsuko Tanaka, Calgary, 12th, (231.3 points); Taylor Henrich, Calgary, 13th, (230.4 points);

SNOWBOARD

Men's Halfpipe Qualification - Heat 1: Derek Livingston, Aurora, Ont., 10th (70.25); **Heat 2:** Crispin Lipscomb, Whistler, B.C., 12th (65.25); Brad Martin, Ancaster, Ont., 19th, (31.25).

Men's Halfpipe Final Ranking: Derek Livingston, Aurora, Ont., 19th; Crispin Lipscomb, Whistler, B.C., 23rd; Brad Martin, Ancaster, Ont., 39th.

SPEED SKATING

Ladies' 500 m Race 1 of 2 - Christine Nesbitt, London, Ont., 11th (38.53 seconds, +1.11 seconds); Anastasia Bucsis, Calgary, 27th (39.272); Marsha Hudey, White City, Sask., 32nd (39.59); Danielle Wotherspoon-Gregg, Red Deer, Alta., 33rd (39.76).

Ladies' 500 m Race 2 of 2 - Christine Nesbitt, London, Ont., 12th, (38.61 seconds, +1.33 seconds); Anastasia Bucsis, Calgary, (39.25); Danielle Wotherspoon-Gregg, Red Deer, Alta., (39.56); Marsha Hudey, White City, Sask., (39.63).

Ladies' 500 m Final Rankings: Christine Nesbitt, London, Ont., 12th, (77.15 seconds, +2.45 seconds); Anastasia Bucsis, Calgary, 28th, (78.52); Marsha Hudey, White City, Sask., 32nd, (79.22); Danielle Wotherspoon-Gregg, Red Deer, Alta., 33rd, (79.32).

CURLING

MEN

All Times Eastern

Tuesday's results

Sweden 7 **Canada 6**
China 9 United States 4
Britain 7 Germany 6
Norway 9 Russia 8

Wednesday's games

Denmark vs. United States, 12 a.m.
Norway vs. Germany, 12 a.m.
China vs. Switzerland, 12 a.m.
Germany vs. China, 10 a.m.
Switzerland vs. Britain, 10 a.m.
Russia vs. **Canada**, 10 a.m.
Denmark vs. Sweden, 10 a.m.

WOMEN

All Times Eastern

Tuesday's results

Switzerland 7 Denmark 6
Canada 9 Sweden 3
Russia 9 United States 6
South Korea 12 Japan 7
Britain 12 United States 3
Switzerland 8 South Korea 6
Japan 8 Denmark 3
China 7 Russia 5

Wednesday's games

Japan vs. Russia, 5 a.m.
United States vs. China, 5 a.m.
South Korea vs. Sweden, 5 a.m.
Canada vs. Britain, 5 a.m.

HOCKEY

PRELIMINARY ROUND

All times Eastern

MEN

Wednesday's games

Czech Republic at Sweden, 12 p.m.
Latvia at Switzerland, 12 p.m.

WOMEN

Tuesday's results

Sweden 4 Germany 0
Russia 2 Japan 1

Wednesday's games

Switzerland at Finland, 3 a.m.
Canada at United States, 7:30 a.m.

Ontario figure skaters rise to the occasion

Canadian Meagan Duhamel is thrown into the air by Eric Radford during the pairs short program at the Iceberg Skating Palace on Tuesday in Sochi. Duhamel, from Lively, Ont., and Radford, from Balmertown, Ont., sit in fifth after scoring 72.21 points to qualify for Wednesday's free skate. IVAN SEKRETAREV/THE ASSOCIATED PRESS

'I-Pod' gives Shaun White his exit music

Halfpipe. American snowboarder finishes 4th after failing to land Swiss star's trick

Shaun White lost to a kid they call the "I-Pod," and now he may never hear the end of it.

How big of an Olympic shocker was this? White, the best snowboarder of his era and one of the best-known and best-marketed athletes at the Sochi Games, didn't even win a medal. He finished fourth.

The 27-year-old American, who opted out of the Olympic slopestyle debut and put all his chips in the halfpipe, where he hoped to win a third straight gold medal, got knocked off by Iouri Podladtchikov, the Russian-born inventor of the "Yolo," the trick that White could not master.

"I'm disappointed," White said. "I hate the fact I nailed it in practice, but it happens. It's hard to be consistent."

The Japanese pair of 15-year-old Ayumu Hirano and 18-year-old Taku Hiraoka won silver and bronze, and the Americans were shut out on the halfpipe for the first time since the sport was introduced to the Olympics in 1998.

Podladtchikov, who now lives in and competes for Switzerland, landed the trick successfully at an event in Europe last season, but hadn't done it since.

"I'm about to faint ..." said Podladtchikov, who gets his gold Wednesday.

White watched a replay of I-Pod's trick last March and went to work trying to match it.

He landed it twice in qualifying events and was listed as the heavy favourite to become the seventh person to win three straight gold medals in an individual event at the Winter Games.

THE ASSOCIATED PRESS

Disappointing finish

"The tricks I learned getting ready for the competition will carry on for a couple years.... It's a bummer. I had one of those nights."

American snowboarder Shaun White, on his fourth-place finish.

Christine Nesbitt of London competes on Tuesday in Sochi. MATT DUNHAM/THE ASSOCIATED PRESS

Lee Sang-hwa defends her gold

Lee Sang-hwa burst off the line with a flawless start. She built up speed with each stride on the front straightway — her arms swinging powerfully, her body low to the ice.

By the time Lee came around the final turn, the gold medal was a formality.

"Right now," said silver medallist Olga Fatkulina, "she is almost Usain Bolt."

The South Korean lived up to the hype as the overwhelming favourite in women's 500-metre speedskating Tuesday, zipping around the big oval with the two fastest runs to win her second straight Olympic gold.

The 24-year-old dominated the World Cup circuit this season, winning every event she entered.

Christine Nesbitt of London was the top Canadian in 12th. She finished with a combined time of 1:17.15.

Calgary's Anastasia Bucsis followed in 28th at 1:18.52, Marsha Hudey of White City, Sask., was 32nd in 1:19.22 and Danielle Wotherspoon-Gregg of Red Deer, Alta., was just behind in 33rd at 1:19.32.

THE ASSOCIATED PRESS

NBL Canada. SkyHawks fall short after putting on a show for 2,000 students

The SkyHawks needed to find some fans, and on Tuesday morning they found busloads.

Over 2,000 Ottawa-area school-aged kids flocked to Canadian Tire Centre in Kanata as the Windsor Express, NBL Canada's top team, defeated the SkyHawks by a convincing 113-103 score.

It was the kind of game that forms new fans. Fast-paced, end-to-end action that had most of the youngsters clapping and screaming for hours. As most of them probably noticed, a bad day on the court is a lot better than a day in school. Especially when you learn something.

Ottawa (16-18) managed to run up a nine point lead about seven minutes into the game. Then the classroom lights came on, and the Express took over the game.

The Express (24-7) came back to lead by one point after 12 minutes of play; then they took the SkyHawks to school, outscoring them 32-24 in the second quarter and taking a 57-48 advantage into the intermission.

"Everybody on (Windsor) is a legitimate threat to score," said SkyHawks head coach Jaren Jackson after the game.

Leading the Express was Stefan Bonneau, their top scorer this season and in Tuesday's game. He notched 20 points. Six other Express players managed at least 10.

The SkyHawks' Justin Tubbs led the home team with 26 points, including nine in the final quarter when Ottawa outscored Windsor 34-27 by "playing some small ball," according to Jackson, cutting a 24-point Express margin to as little as 10 points at the buzzer.

A comeback that fell short. Never giving up seemed to be the lesson for everyone today.

The SkyHawks tip off again Wednesday against the Mississauga Power at Canadian Tire Centre. Game time is 7:30 p.m.

MIKE CARROCCETTO/FOR METRO

On Tuesday

Express	SkyHawks
113	103

The SkyHawks' Jerice Crouch attempts a pass as the Express' Kevin Loiselle defends during the first half at the Canadian Tire Centre in Ottawa, Tuesday. MIKE CARROCCETTO/FOR METRO

CFL

Redblacks trade picks for lineman

The expansion Ottawa Redblacks made their first trade on Tuesday, acquiring defensive lineman Justin Phillips from the Calgary Stampeders.

The Stampeders also sent their third-round pick (23rd overall) in the upcoming CFL draft to Ottawa for the Redblacks' third-round pick (19th overall) this year. Calgary also gets Ottawa's third-round selection in 2015. THE CANADIAN PRESS

Gay football player

CFL players fined for Sam comments

The CFL fined two players Tuesday for making inappropriate comments about openly gay football player Michael Sam.

Alouettes receiver Arland Bruce was fined for a social media posting urging Sam to "submit to God."

Blue Bombers defensive tackle Bryant Turner Jr. was disciplined for a reported anti-homosexual tweet that has since been deleted.

THE CANADIAN PRESS

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$265 LEASE PAYMENT FOR **39 MONTHS*** $2,973 DOWN* | 0.9% LEASE RATE*	CONQUER WINTER FROM $26,478*	2014 IIHS TOP SAFETY PICK

2014 LEGACY *2.5i*

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*Ratings are awarded by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To qualify for 2014 TOP SAFETY PICK, a vehicle must earn good ratings in the moderate overlap front, side, roof strength and head restraint tests, plus a good or acceptable rating in the small overlap front test. To qualify for 2014 TOP SAFETY PICK+, a vehicle must earn good ratings in the moderate overlap front, side, roof strength and head restraint tests; a good or acceptable rating in the small overlap front test; and a basic, advanced or superior rating for front crash prevention. *MSRP of $24,495/$23,495 on 2014 XV Crosstrek (EX1 TP)/2014 Legacy 2.5i (EA1 BP). Lease rate of 0.9% for 39/48 months. Monthly payment is $265/$257 with $2,973/$2,966 down payment. Option to purchase at end of lease is $13,711/$10,714 with $3,659/$3,642 due at signing. 1% AutoShow rate break is included with all advertised lease payments. Advertised pricing consists of MSRP plus charges for Freight/PDI ($1,650 on 2014 XV Crosstrek; $1,595 on 2014 Legacy), Air Tax ($100), Tire Stewardship Levy ($29.20), OMVIC Fee ($5), Dealer Admin ($199). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. $0 security deposit. Models shown: 2014 XV Crosstrek Limited Package (EX1 LP) with an MSRP of $28,995. 2014 Legacy 2.5i Limited Package (EA2 LN) with an MSRP of $32,495. Dealers may sell or lease for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Lease based on a maximum of 20,000 km per year, with excess charged at $0.10/km. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. Offers available until February 28, 2014. See your local Subaru dealer for complete program details.

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We are looking for used Subaru's

Give in to the tempting Tundra

PHOTO: WHEELBASEMEDIA.COM

Review. New styling for a familiar truck that's about as American as it gets

MALCOLM GUNN
wheelbasemedia.com

A truck that's styled in California, engineered in Michigan and assembled in Texas sounds as North American as any pick-up on the road.

The fact that the 2014 Tundra wears a Toyota badge should be of little consequence in the global scheme of things.

Ultimately all that really matters is if it can competently and reliably do the job. Although Toyota is a major player in the mid-size pickup category, it has had a tougher time gaining traction in the full-size arena, where brand loyalty runs deep. Ford, General Motors and Chrysler continue to make major improvements in their respective haulers, in styling appeal, increased brute strength and lower operating costs through improved fuel economy. And don't forget that their heavy-duty truck counterparts have no real competition.

That level of brand intensity has pretty much relegated Toyota to the rear of the pickup pack (although ahead of Nissan with its aging Titan). Still, the Tundra has earned plenty of respect for its overall superior build quality and towing/hauling competency and has been staunchly supported by Toyota loyalists since its 2007 model-year launch. Those folks in particular should find plenty to like about the 2014 Tundra's facelift and general updating. The 22.2-inch-deep (56 centimetres) cargo bed is also new, as is the lockable tailgate with integrated spoiler.

Toyota has installed a new instrument panel with easier-to-read gauges and an improved multi-information screen. The audio and ventilation work-glove-friendly control knobs are now within closer proximity to the driver's reach. Toyota's designers reshaped the front and fold-up rear seats (new to four-door CrewMax versions) for greater comfort and improved ventilation. More sound-deadening materials have been added for a quieter cabin. Additionally, either bench or bucket seats can be had in both extended-cab and CrewMax models. A bench seat is standard with regular-cab Tundras.

Toyota has updated the suspension for a more compliant ride and has also tinkered with the steering for improved straight-line stability. Available on the SR Double Cab 4x4 and standard on all other Tundras, including the 4x2 and 4x4 SR regular-cab long bed, 4x4 SR5 and Limited Double Cab and four-door CrewMax trucks, is a 5.7-litre V8 that's rated at 381 horsepower and 401 pound-feet of torque.

The 5.7 is also standard with the CrewMax Platinum and new 1794 Edition CrewMax. A six-speed automatic transmission is installed on all Tundras,

Base SR regular-cab models, priced at $28,600, come with air conditioning, a 6.1-inch (15.5-centimetre) touch-screen display with Bluetooth wireless networking and a backup camera. Adding more doors to the cab automatically gets you more, although many of those standard features can be added to regular-cab models by choosing the SR5 or Limited Packages. The Platinum includes perforated diamond-pleated leather seats (heated and cooled in front) and a 12-speaker touch-screen audio/navigation system.

The 1794 Edition — named for the Texas ranch where the Tundra plant is located, which was founded in that year — adds leather seats with suede inserts and more shine. Ultimately, it won't be an easy ride for Toyota's full-size pickup in gaining ground on the competition. But the Tundra's reputation for strength and bulletproof reliability should continue tempting buyers looking for something that's outside the traditional box.

Compare

1 Ford F-150
Base price: $25,000

2 GMC Sierra 1500
Base price: $28,650

2014 Toyota Tundra

- **Type.** Two-/four-door, rear-/four-wheel-drive full-size pickup
- **Engines (hp)** 1. 4.6-litre DOHC V8 (310); 5.7-litre DOHC V8 (381)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination).** $28,600

Design

Visually, the grille is more aggressively styled and conveys an obvious sense of power. Other changes include a new hood along with three-piece front and rear bumpers (said to reduce replacement costs in the event of a crash) and squared-off fenders and wheel openings.

Fuel Economy

Virtually unchanged for 2014 are the Tundra's two powertrains. The 4x2 and 4x4 SR Double Cab models come with a 310-horsepower 4.6-litre V8. With a 14.2 l/100 km rating in the city and 10.5 on the highway (4x2 versions), the 4.6 is likely the most economical choice.

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

What we learned from this year's NAIAS

Autoknow. A closer examination of the Detroit event and the season's new rides reveals some very interesting trends

MALCOLM GUNN
wheelbasemedia.com

The Mercedes-Benz GLA can be ordered with a 355-horsepower four-cylinder engine and all-wheel-drive. It's a prime example of this blossoming class of vehicles that also includes the Lincoln MKC and the Audi Q3. BOTH PHOTOS WHEELBASE

Each year, the North American International Auto Show (NAIAS), puts the spotlight on Detroit, Mich., and the best that the world's automakers can muster.

Lately there has been less glitzy razzle-dazzle than in previous years, but in each manufacturer's display areas there was plenty of booming music and flashy light shows to capture the undivided attention of press and public alike as the new models were dramatically revealed.

As with past events, there were a few vehicles that wowed the crowd with audacious displays of form and function. The headliners were led by the 2015 Ford F-150 (with its an all-aluminum truck body), Chevrolet Corvette Z06 (any 'Vette launch is a big deal) and Toyota FT-1 (more of a caricature than an actual prototype model, but amazing just the same).

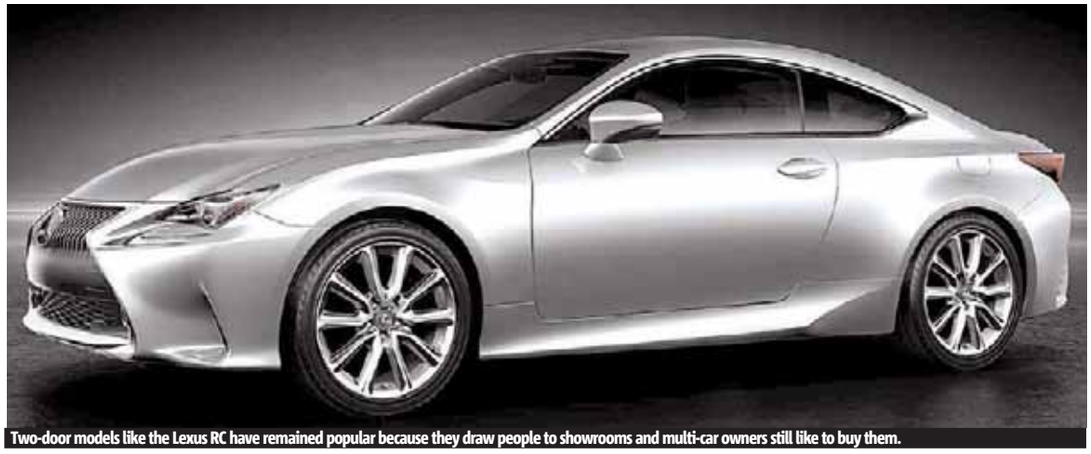
These launches were definitely highlight-reel quality, but when taken as a whole, certain product trends and patterns also emerged from the Detroit show that point the way to an evolving future.

Sport coupes

Two-door models are sexy to look at, cool to be seen in and can be fun to drive, but the reality is they don't sell in great numbers relative to their four-door counterparts. So why then were there so many on display this year in Detroit's Cobo Center venue? The two-part answer is that they do help to draw buyers into dealer showrooms and they do remain popular with multi-vehicle-owning upscale buyers who can afford such personal-luxury transportation. The leading NAIAS coupe contenders were the Lexus RC, Cadillac ATS, BMW 2 Series, Mercedes-Benz Concept S-Class, Volvo XC, Bentley GT V8 S and Kia GT4 Stinger concept. All but the Kia are premium brands and, should it ever be built, the GT4 Stinger likely won't be all that inexpensive. You'll notice more coupes on the roads in coming years.

Leading two-doors

The leading NAIAS coupe contenders were the Lexus RC, Cadillac ATS, BMW 2-series, Mercedes-Benz Concept S-Class, Volvo XC, Bentley GT V8 S and Kia GT4 Stinger concept.



Two-door models like the Lexus RC have remained popular because they draw people to showrooms and multi-car owners still like to buy them.

Chrysler is back in the family-sedan game

For some reason, the official launch of the Chrysler 200 didn't receive the amount of ink it deserved. Perhaps the thousands of assembled auto writers were expecting some jaw-dropping breakthrough design, which at first blush the 200 didn't appear to possess. But after studying the new family car without all the crowds milling about the show floor, its cool factor became more apparent. The 200 looks like a quality piece, with its broad shoulders, subtle creases and near perfect stance. The front evokes memories of the Chrysler Cirrus circa 1995, but the 200 is more attractive. A 184-horsepower four-cylinder and 295-horsepower V6 are the available engines, connected to the class-leading nine-speed automatic transmission. What's more, all-wheel-drive is an option, which is not found on any of the leading mid-size sedans, other than the Ford Fusion and AWD-only Subaru Legacy. The Chrysler 200 looks tempting.

The rise of the small entry-luxury wagon

Not very long ago — say back in 2012 — the small premium wagon segment was virtually unheard of. The floodgates began to open a crack with the arrival of the pint-sized Buick Encore, but in the next year or so a trio of similar, yet slightly larger, models will be in play. The Ford Escape-based Lincoln MKC is ahead of the curve in this growing group, with lots of luxury content wrapped in one sharp-looking package. It's the kind of vehicle that should appeal to an audience that previously might not have given the brand a second look. Not only is the MKC relatively affordable, but also its friendly, practical nature fits nicely with active-lifestyle types who don't have, or would rather not spend, a fortune to spend on a new car.

On the Chrysler 200

The front evokes memories of the Chrysler Cirrus circa 1995, but the 200 is more attractive. A 184-horsepower four-cylinder and 295-horsepower V6 are the available engines, connected to the class-leading nine-speed automatic transmission.

The MKC's competition was also front and centre in Detroit. The Mercedes-Benz GLA that arrives this spring is a variant of the new-for-2014 CLA sedan. Both vehicles are destined to be major hits for M-B, especially the 201-horsepower turbocharged GLA and its 355-horsepower AMG offshoot. The automaker is already warning dealers that CLA and GLA supplies will initially be tight. Audi is also following the same formula with the 210-horsepower turbocharged Q3, built off the 3 sedan platform, which will also come in a 306-horsepower QS3 model. Other marques, notably Infiniti, Cadillac and Acura are expected to introduce their own small luxo-wagons in the next few years.

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*$0 first monthly payment available on lease (through Volkswagen Finance, on approved credit) of any new and unregistered 2014 model up to a combined, total maximum of $500 (excluding taxes). **Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2014 Jetta 2.0L / Tiguan 2.0T base model with 5/6-speed manual transmission. $1,395/$1,610 freight and PDI included in monthly payment. 48-month term at 1.9% APR. $691/$946 down payment or equivalent trade-in, $220/$340 security deposit and first monthly payment due at lease inception. Total lease obligation: $8,421/$15,461. 64,000 kilometre allowance; charge of $0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may lease for less. Dealer order/trade may be necessary. Offer ends February 28, 2014 and is subject to change or cancellation without notice. Model shown: 2013 Jetta 2.5L Highline, $24,590 / 2013 Tiguan 2.0T Highline R-Line, $40,190. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2014 Volkswagen Canada.

Did you hear the one about Jay Leno and his cars?

Not on The Tonight Show, you didn't. Famous car collector saved most of his vehicle funnies for when he was off camera

AUTO PILOT
Mike Goetz
drive@metronews.ca

Jay Leno rarely told automotive-themed jokes on The Tonight Show for such a famous car enthusiast and collector, but I really enjoyed the ones he did crack away from the TV spotlight. TORSTAR NEWS SERVICE

Jay Leno left The Tonight Show last week, after a 22-year run. Over that time he cranked out thousands of jokes. He made more than 4,000 at the expense of President Bill Clinton alone.

His next favourite targets were President George W. Bush (3,239), Vice-President Al Gore (1,026), and President Barack Obama (1,011).

O.J. Simpson clocked in at number six. In fact, Leno quipped his last and 795th joke about O.J. during his outgoing monologue.

"So much has happened (over the last 22 years). You know the saddest part? O.J. never found the real killers."

Categorizing the subject matter of Leno's jokes this way made me realize he didn't really joke too much about his favourite and all-consuming passion — cars and motorcycles. He is probably the world's more recognizable car collector.

Big-time collectors tend to be a bit camera shy, but not Mr. Leno. He shares his collection with the world via Jay Leno's Garage, an internet-based series, and through all sorts of very public appearances at cars shows and other events.

Funny, but even though it's harder to come by, I like Leno's car-based humour much better than his regular fair. I guess I'm one of those who think his TV jokes are a bit too broad-based and mercenary. The New York Times claimed Leno's mantra was always, "Write joke, tell joke, get check."

His riffing on car matters, however, seems less like forced jocularity and more like a fun conversation you would have with a buddy riding shotgun on a road trip.

Here are some of my favourite Jay Leno-isms about cars and motorcycles, picked up over the years from monologues, interviews, profiles and things he's written himself in car and bike magazines. (Disclaimer: I'll be paraphrasing here and there, since I do not remember in verbatim.)

On how many cars and motorcycles are in his collection: "My wife thinks it's around 17 or so. Let's go with that." (In reality it's over 200 and counting.)

On cupholders: "Rolls-Royce has finally introduced a cupholder. He sits in the back and his name is Charles."

On coming to a stoplight in his MTT Y2K Turbine Superbike: "I look in the mirror and see the heat from the turbine is actually melting the plastic front bumper of the Toyota Corolla right behind me. When the light turns green I am going to be so outta here."

On buying cars to get impress people: "I'm not the type of person who buys a car to impress people — most women are not really impressed by a guy in a 1909 White Steam Car."

On getting pulled over by the police for speeding in a 1909 White Steam Car: "The cop was more intrigued that it was made of wood, and carrying an open flame, than the idea that I was going 76 m.p.h. But when you go by a cop in a wooden car that's on fire, going 76, they tend to go, 'Hey, hey. What's that?'"

On bad cars: "I'm like Father Flanagan in Boys Town. There are no bad cars. There are just cars that need to be loved and taken care of.

Parts department

WHEELBASE MEDIA

The Snake at 50

It's hard to believe that it has been half a century since the late Carroll Shelby created the first racing version of his iconic Cobra roadster. In honour of that achievement, the company he founded is producing a total of 50 Cobra "FIA" race cars. Each is painted in the original viking blue hue with arctic white and yellow trim. The rolling chassis (no powertrain) also features a side-exit racing exhaust, 15-inch wheels, detachable steering wheel and all of the appropriate 50th anniversary badging. Prices start at $95,000 US for the hand-laid-fiberglass-body versions, or $160,000 US for aluminum-bodied Cobras (both require your engine and transmission). Visit shelbyamerican.com.

Handle a tough scrape

For anyone living outside the sunbelt regions, you know how much of a pain winter can be. For these conditions you need a serious window scraper, and the Thor from Quirky Products appears to be tough enough to handle just about all the ice and snow that Old Man Winter can dish out. The Thor's unique double-blade design allows you to scrape with both forward and back motions (and not just forward). The dual handle, which can be extended to cover the whole windshield, provides plenty of leverage for breaking up extra-thick ice buildup. Order a Thor for $20 US from quirky.com or from a number of online stores including amazon.com.

Valuables all locked up

It can be a hassle to find some secure spot to hide your car keys, money or other small valuables when heading out jogging or to the beach. That's why the Run Lock was invented. This combination lock and mini safe has been designed to hold all your keys, as well as some folding cash, and can be attached to a secure spot outside your vehicle, such as a door handle, trailer hitch, roof rack, or a suspension component beneath your vehicle's bodywork. The built-in four-digit lock can be set to one of 10,000 possible combinations and sells for $45 US from therunlock.com.

Easy to jump

A dead car battery is a nuisance, but you don't need to feel stranded with the Mighty Jump Pro by Viatek around. This easy-to-use emergency starter replaces traditional jumper cables by plugging into your car's cigarette lighter or 12-volt outlet. The manufacturer claims that in about 10 minutes, your battery will have been recharged and that you'll be ready start. The Mighty Jump Pro weighs about 1.3 kilograms and is small enough to store inside your vehicle's glove box. The product is available in nine different colours and sells for $28 US. Pick one up at buymightyjump.com.

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Starting From Price for 2014 Dodge Grand Caravan Crew Plus shown: $32,990.[§]

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Starting From Price for 2014 Dodge Dart Aero shown: $21,690.[§]

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Starting From Price for 2014 Dodge Journey R/T AWD shown: $32,390.[§]

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+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

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Offers subject to change and may be extended without notice. All pricing includes freight ($1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. ◊$10,350 in Total Discounts is available on the new 2014 Dodge Grand Caravan SXT model and consists of $7,000 Consumer Cash Discount and $3,350 in Ultimate Family Package Savings. See your retailer for complete details. ΩFinance Pull-Ahead Bonus Cash is available to eligible customers on the retail purchase/lease of select 2014 Chrysler, Jeep, Dodge, Ram or Fiat models at participating retailers from February 1, 2014 to February 28, 2014 inclusive. Finance Pull-Ahead Bonus Cash will be deducted from the negotiated price after taxes. Eligible customers include all original and current owners of select Chrysler, Jeep, Dodge, Ram or Fiat models with an eligible standard/subvented finance or lease contract maturing between January 1, 2014 and December 31, 2016. Trade-in not required. See retailer for complete details and exclusions. €$5,125 in Package Value available on the new 2014 Dodge Grand Caravan SXT Ultimate Family Package (RTKH5329G) model based on the following MSRP options: $850 Climate Group, $1,925 Single DVD Entertainment, $1,500 SXT Plus Group and $850 Uconnect Hands-Free Group. $7,140 in Package Value available on the new 2014 Dodge Journey SXT Ultimate Journey Package (JCDP4928K) model based on the following MSRP options: $1,475 Flexible Seating Group, $1,200 Rear Seat DVD, $525 Convenience Group, $2,645 Navigation & Sound Group and $1,295 Sunroof. See your retailer for complete details. ★Discounts available at participating retailers on the purchase/lease of only the following new vehicles. 2014 Dodge Grand Caravan SXT with Ultimate Family Package (RTKH5329G). Discount consists of: $850 in no-cost options and $2,500 DVD Incentive that will be deducted from the negotiated price before taxes. 2014 Dodge Journey SXT with Ultimate Journey Package (JCDP4928K). Discount consists of: $2,495 in no-cost options and $2,500 DVD Incentive that will be deducted from the negotiated price before taxes. Some conditions apply. See your retailer for complete details. *Consumer Cash Discounts are deducted from the negotiated price before taxes. †4.29% purchase financing for up to 96 months available on new select models through Royal Bank of Canada, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2014 Dodge Grand Caravan Canada Value Package (29E)/2014 Dodge Journey Canada Value Package (22F) with a Purchase Price of $19,995/$19,995, with a $0 down payment, financed at 4.29% for 96 months equals 208 bi-weekly payments of $114/$114 with a cost of borrowing of $3,662/$3,662 and a total obligation of $23,657.39/$23,657.39. ♦4.99% lease financing of up to 60 months available through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) on applicable new 2012, 2013 and 2014 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Example: 2014 Dodge Dart SXT (28B) with a Purchase Price of $20,875 leased at 4.99% over 60 months with $1,479 down payment, equals 130 bi-weekly payments of $129 with a cost of borrowing of $3,843.80 and a total obligation of $19,090.50. 22,000 kilometre/year allowance. Charge of $0.18 per excess kilometre. Some conditions apply. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. **Based on 2013 *Ward's* upper small sedan costing under $25,000. ^Based on R. L. Polk Canada, Inc. May 2008 to September 2013 Canadian Total New Vehicle Registration data for Crossover Segments as defined by Chrysler Canada Inc. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. ®Jeep is a registered trademark of Chrysler Group LLC. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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MODEL CR2E3EE

MODEL RM3H3EES

2014 ACCORD LX

$128@2.99% APR

LEASE BI-WEEKLY‡ FOR 60 MONTHSΩ WITH $1,470 DOWN PAYMENT/OAC AND $0 SECURITY DEPOSIT.

FROM 8.8 CITY/ 5.8 HWY (L/100 KM)∞

2014 CR-V LX

$134@1.99% APR

LEASE BI-WEEKLY‡ FOR 60 MONTHSΩ WITH $879 DOWN PAYMENT/OAC AND $0 SECURITY DEPOSIT.

FROM 9.0 CITY/ 6.4 HWY (L/100 KM)∞

INCLUDES FREIGHT, PDI, LEVIES AND OMVIC FEE. EXCLUDES LICENSE AND HST.

HondaOntario.com
Ontario Honda Dealers

‡BI-WEEKLY LEASE ONLY AVAILABLE ON 48-MONTH TERMS OR GREATER.

HONDA

Limited time lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Selling prices and payments include freight and PDI (ranges from $1,495 to $1,695 depending on 2014 model), EHF tires ($29), EHF filters ($1), A/C levy ($100 except Civic DX models), and OMVIC fee ($5). Taxes, license, insurance and registration are extra. ΩRepresentative bi-weekly lease example: 2014 Civic DX Sedan // 2014 Accord LX Sedan 6MT // 2014 CR-V LX 2WD on a 60 month term with 130 bi-weekly payments at 2.99% // 2.99% // 1.99% lease APR. Bi-weekly payment is $87.93 // $128.00 // $134.00 with $0 // $1,470 // $879 down or equivalent trade-in, $650 // $0 // $0 lease incentive deducted from the negotiated selling price before taxes (applies only to Lease contracts through HFS, and can be combined with subvented rates of interest offered by Honda as part of a low rate interest program), down payments, $0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is $11,431.45 // $18,110.61 // $18,299.02. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. PPSA lien registration fee of $45.93 and lien registering agent's fee of $5.65, due at time of delivery are not included. For all offers: license, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ••Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2013. ∞Based on Fuel Consumption Guide ratings from Natural Resources Canada. Transport Canada approved test methods used. Your actual fuel consumption will vary based on driving habits and other factors – use for comparison only.

The unusual world of car sales foresight

Driving force.
Forecasters look at jobs, prices and the world to estimate car sales

JIL MCINTOSH
Drive@metronews.ca

Shipbuilding and mineral mining can factor in when estimating car sales.

It all comes down to how much disposable income people have. BOTH IMAGES PROVIDED

Last year, Canadians bought a record 1.74 million vehicles, an increase of four per cent over what they purchased in 2012. And with 2014 well under way, analysts are already looking at how many cars and trucks will end up in new homes this year.

"We expect purchases to climb to a record 1.76 million units in 2014," says Carlos Gomes, senior economist and auto industry specialist for Scotiabank. "New-vehicle affordability in Canada is at the best level in two decades."

These forecasts are an important tool for many companies involved in the auto industry, including the car manufacturers themselves, their dealers, lending facilities and service suppliers.

The forecasts also give insight into what will happen in the coming years, as dealers and auto auctions estimate how many used vehicles will eventually end up in the market, or tire dealers determine how many replacement or winter tires they should stock.

Forecasters look at such things as the strength of the global economy and the Canadian dollar, employment figures and car prices. It's a complicated puzzle, with factors that can connect in unusual ways. For example, the U.S. recession brought a sharp drop in new houses being built, which in turn dried up the export market for Canadian lumber. Those industries, and others like them, bought fewer new trucks. Not only did that affect the auto market at the time, but a few years later, the resulting supply-and-demand of these smaller numbers sent the price of used trucks soaring.

To come up with his forecasts for 2014, Gomes considered such things as an upcoming shipbuilding contract in Nova Scotia and increased natural gas drilling in British Columbia, which will ultimately increase jobs and raise car sales, along with downward trends such as a delayed aerospace project in Quebec.

He also looks at vehicle pricing. "Affordability has improved so dramatically," he says. "We look at the average vehicle price and compare it with the level of the typical household income, and divide prices by income. We do it as the number of weeks that a household has to work to buy a new vehicle. That number has been coming down significantly."

Currently, a household must work 23.5 weeks to earn enough to buy a car, Gomes says. The average since 1990 has been 27 weeks, although there was a spike in 1999, when vehicles were least affordable and it took 32 weeks of work to purchase one.

"The automakers have done a good job of limiting price increases," Gomes says. "Since the downturn of 2000/2001, annual price gains have been only about 1 per cent per year, while we're seeing household incomes increasing by roughly triple that. Stable car prices and rising incomes have led to the improvement of affordability."

To note

- **Truck-mad Alberta.** Albertans buy 30 per cent of all the pickup trucks sold in Canada. Within the province, 75 per cent of all vehicle sales are trucks, SUVs, or vans.
- **Ontario stats.** There were 646,000 vehicles sold in Ontario in 2013, the second-highest number on record. Most went to households, but fleet sales are forecast to climb in 2014.
- **Potential knock-on effect.** Since many vehicles sold in the U.S. are made in Canada, a stronger U.S. economy will drive increased production at Canadian plants.

Horoscopes

♈ Aries
March 21 - April 20
Everyone expects you to be happy-go-lucky and most of the time you are, but something has been worrying you beyond belief in recent weeks. It's time to get over it.

♉ Taurus
April 21 - May 21
You don't find it easy to let others make decisions for you but today you are advised to put yourself in other people's hands and let them call the shots. The planets indicate you won't lose a thing.

♊ Gemini
May 22 - June 21
It's time to get serious about your ambitions. The winds of fate can blow you only so far. Once you reach a certain point, you have to get ahead on your own. Go for it!

♋ Cancer
June 22 - July 23
What others don't want you to know is exactly what you need to know right now, so start asking questions and don't stop until you have found answers that make sense.

♌ Leo
July 24 - Aug. 23
You must deal with a money worry you have been doing your best to ignore. Now that Mercury is about to move back into your opposite sign, you will have to be totally honest with yourself.

♍ Virgo
Aug. 24 - Sept. 23
You may not see eye-to-eye with a certain individual but you can reach a compromise that satisfies you both. It's quite possible to be allies in some areas and rivals in others, even though you may never be friends.

♎ Libra
Sept. 24 - Oct. 23
According to the planets you must choose a route and stick with it today. If you don't, it may be several more weeks before you get the chance to regain control of your affairs.

♏ Scorpio
Oct. 24 - Nov. 22
All things are possible for those born under the sign of the Scorpion but you still need to be clear about what it is you want and committed to getting it. Reaffirm your desires today.

♐ Sagittarius
Nov. 23 - Dec. 21
Put petty arguments behind you and move forward together again. Cosmic activity in the domestic sector of your chart makes it easy to kiss and make up today. Tomorrow it may be too late.

♑ Capricorn
Dec. 22 - Jan. 20
Something you see or hear on your travels could be just what you've been waiting for. Even if it isn't, it will still be a lot of fun and fun is something that has been lacking of late.

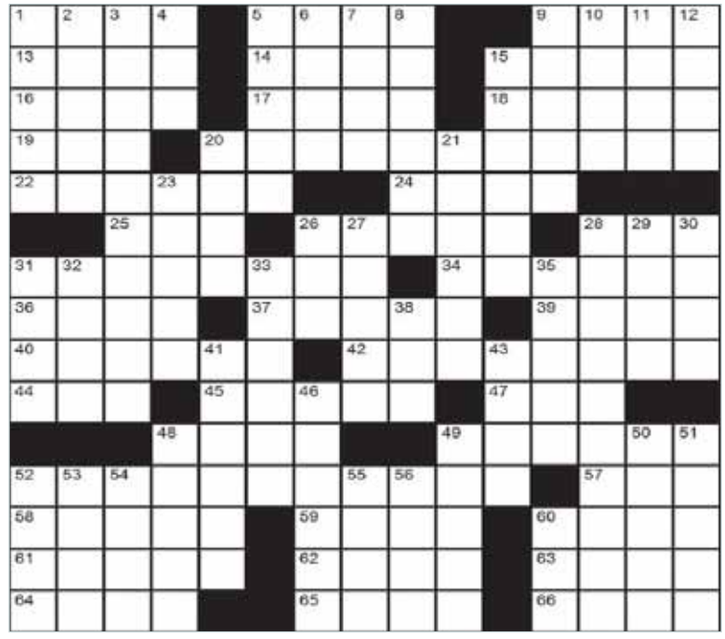
♒ Aquarius
Jan. 21 - Feb. 19
You must be positive and professional today, because the face you show the world over the next 24 hours is the one they will remember for the next few weeks. Show important people how determined you are.

♓ Pisces
Feb. 20 - March 20
Start making moves that will get you noticed. Even if you prefer to stay in the background, you will have to give part of yourself over to the public domain. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

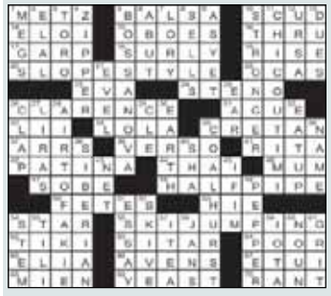
BY KELLY ANN BUCHANAN



Across
1. Tire going flat sound
5. Rhyming scheme
9. SOCHI 2014 - Sport-on-a-sled
13. Street
14. Hope __ Hospital, on CTV's "Saving Hope"
15. More lenient
16. Liturgical vestments
17. Jog
18. Once Time link: 2 wds.
19. Golfer Michelle
20. SOCHI 2014 - Pairs Figure Skating move: 2 wds.
22. SOCHI 2014 - __ Combined
24. Mr. Musk
25. Pistol
26. __. Assistant
28. Kit __
31. Toronto office building, Bay __ Centre; or, city in Australia
34. Rene's songstress wife
36. So longs
37. Jack of "Twin Peaks"
39. Gr.
40. Singer John
42. Guessed
44. Energy unit
45. An archangel
47. __ _ lark
48. James or Scott
49. Unlocked
52. SOCHI 2014 - Athletes pack their bags upon positive results from them: 2 wds.
57. Actress Sandra
58. Croissant shape [abbr.]
59. Cole Porter's "Well, Did You __?"
60. Land unit
61. Vivian of "I Love Lucy"
62. Sportswear brand
63. Proper's pal
64. Go __ detail
65. Highway-crossing animal
66. Caustics

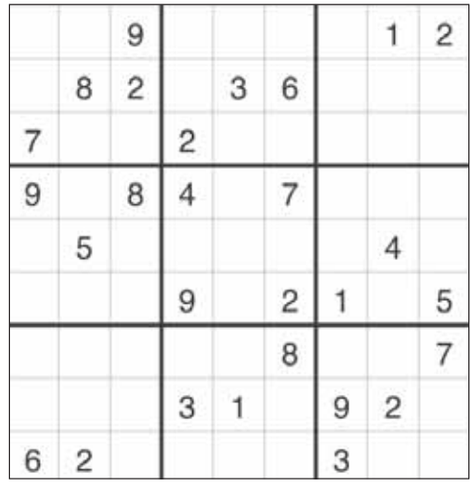
Down
1. Spot __ (British Columbia shrimp)
2. First __ (Shakespeare's 1623 plays collection)
3. Jewel-encrusted Russian treasure: 2 wds.
4. Canadian banks, e.g.
5. Empire of Mexico
6. Broadcast, __ _ show
7. Charge
8. SOCHI 2014 - National __ (Gold-getter's tune)
9. Rabbit: French
10. Wife: Latin
11. Actress, __ Lee Nolin
12. 'Fed' suffix (Government-related)
15. Broadway star Patti
20. Ms. Lohan, Show-biz parent
21. One cutting the tomato
23. Edible seaweed
26. US teeth docs org.
27. Crowded
28. SOCHI 2014 - Area where figure skaters wait for their scores: 3 wds.
29. L'__ aux Meadows
30. Mind
31. Fit
32. Cloth hue's changer
33. "Tootsie" (1982) ...how Dustin Hoffman appeared: 2 wds.
35. Pure __ (Wool garment tag)
38. __-de-sac
41. Subtlety
43. Cleans the floors
46. Mean
48. The __ Kid (Westerns character)
49. Significant __ (Special someone)
50. Supernaturally strange
51. Regards
52. Nero's 606
53. Port city of Algeria
54. Cooped up
55. Songstress Ms. Sands
56. Purpose
60. Fergie's bandmate, __.de.ap

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	6	9	2	4	1	8	5	3
3	2	1	9	5	8	6	7	4
4	5	8	7	6	3	2	9	1
6	8	2	5	3	9	1	4	7
1	4	3	8	2	7	9	6	5
9	7	5	4	1	6	3	8	2
2	1	7	6	9	4	5	3	8
5	9	4	3	8	2	7	1	6
8	3	6	1	7	5	4	2	9

Today
-8°/-13°
Partly cloudy

Thursday
-4°/-15°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2014

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metro

HYUNDAI ADVANTAGE

- **5 YEAR** COMPREHENSIVE WARRANTY††
- **5 YEAR** LEASING WITH BI-WEEKLY PAYMENTS
- **5 YEAR** 0% FINANCING AVAILABLE

ON SELECT MODELS

2014'S WITH BI-WEEKLY LEASING

HWY: 7.3L/100 KM
CITY: 10.2L/100 KM▼

Limited model shown

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM▼

GLS model shown

HWY: 7.2L/100 KM
CITY: 10.0L/100 KM▼

Limited model shown

2014 SANTA FE SPORT 2.4L FWD

■ HEATED FRONT SEATS ■ AM/FM/XM™/CD/MP3 6-SPEAKER AUDIO SYSTEM W/ AUX/USB JACKS ■ BLUETOOTH® HANDS-FREE PHONE SYSTEM ■ STABILITY MANAGEMENT WITH ESC AND TRACTION CONTROL

5 YEAR LEASE

$159 BI-WEEKLY WITH $2,495 DOWN AT 3.9%† FOR 60 MONTHS

THE HYUNDAI ADVANTAGE
5 YEAR LEASE | 5 YEAR†† WARRANTY

2014 ACCENT 4-DR L

■ 1.6L GASOLINE DIRECT INJECTION ENGINE ■ AM/FM/CD/MP3/USB/IPOD® AUDIO SYSTEM ■ POWER DOOR LOCKS ■ FRONT, SIDE AND CURTAIN AIRBAGS

5 YEAR LEASE

$83 BI-WEEKLY AT 0.9%† FOR 60 MONTHS WITH $0 DOWN

THE HYUNDAI ADVANTAGE
5 YEAR LEASE | 5 YEAR†† WARRANTY

2014 TUCSON GL

■ HEATED FRONT SEATS ■ EZ LANE CHANGE ASSIST ■ IPOD®/USB/MP3 AUXILARY INPUT JACKS ■ INTEGRATED BLUETOOTH® HANDS-FREE PHONE SYSTEM ■ LED HEADLIGHT ACCENT W/ LED DAYTIME RUNNING LIGHTS

5 YEAR LEASE

$129 BI-WEEKLY WITH $1,895 DOWN AT 2.9%† FOR 60 MONTHS

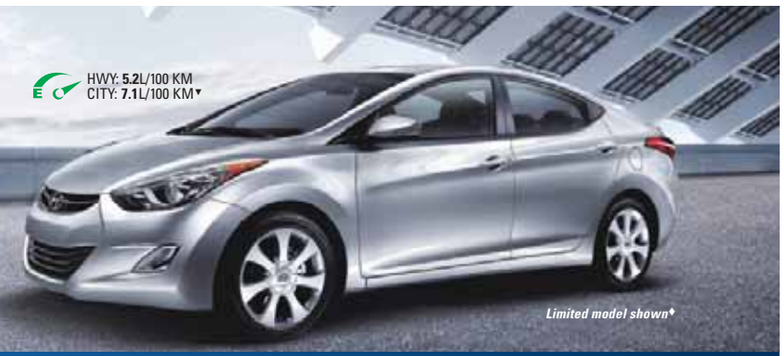
THE HYUNDAI ADVANTAGE
5 YEAR LEASE | 5 YEAR†† WARRANTY

GET UP TO $5,000 IN PRICE ADJUSTMENTSΩ ON SELECT 2013 MODELS (AMOUNT SHOWN ON 2013 SONATA HYBRID)

2013 ELANTRA L

OWN IT FOR $12,995

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM▼



Limited model shown♦

ALL-IN PRICING
INCLUDES PRICE ADJUSTMENTSΩ, FEES, DELIVERY & DESTINATION. PLUS HST.

5 YEAR†† WARRANTY

5 YEAR WARRANTY
5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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HyundaiCanada.com

™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2014 Santa Fe Sport 2.4L FWD/Accent 4-Door L/Tucson 2.0L GL FWD MT with an annual lease rate of 3.90%/0.90%/2.90%. Bi-weekly lease payment of $159/$83/$129 for a 60 month walk-away lease. Down Payment of $2,495/$0/$1,895 and first monthly payment required. Total lease obligation is $23,165/$10,790/$18,665. Lease offers include Delivery and Destination of $1,760/$1,550/$1,760, fees, levies, and all applicable charges (excluding HST). Lease offers exclude registration, insurance, PPSA and license fees. $0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of $0.12/km on all models except Genesis Sedan and Equus where additional charge is $0.25/km. Delivery and Destination charge includes freight, PD.E., dealer admin fees and a full tank of gas. Lease a new 2014 Accent 4 Dr L and you'll be entitled to a $225 dealer to customer lease credit. Dealer to customer lease credit applies before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ♦Price of models shown: 2013 Elantra Limited are $24,985. Prices include Delivery and Destination charges of $1,550, fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ▼Fuel consumption for new 2014 Santa Fe Sport 2.4L FWD (HWY 7.3L/100KM; City10.2.L/100KM), Accent 4-Door L (HWY 5.3L/100KM; City 7.5L/100KM), Tucson 2.0L GL FWD MT (HWY 7.2L/100KM; City 10.0L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $5,000 /$4,540 available on 2013 Sonata Hybrid/ 2013 Elantra L 6-Speed Manual. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †ΩOffers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

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Pembroke, 613-735-5636

Myers Kanata Hyundai
400-2500 Palladium Dr.
Kanata, On 613-592-8883

Myers Hyundai
164 Robertson Rd.
Ottawa, 613-721-4567

Hyundai on Hunt Club
390 Hunt Club Road West
Ottawa, 613-688-3600

Bank Street Hyundai
2788 Bank St.
Ottawa, 613-739-7530

Pathway Hyundai
1375 Youville Dr.
Orleans, 613-837-4222

Harmony Hyundai
293 Pigeon St.
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